



INNER WHEEL DISTRICT 323 2024-25

UPBEAT @ 101

District Chairman

FATHIMA NASIRA

District Editor

SUKANYA SRIRAM

*Good days
start with coffee!*

PREMIUM
FILTER
COFFEE
6am - 11pm

தேர்ந்தெடுக்கப்பட்ட காஃபி கொட்டையில் இருந்து
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காஃபி  மாமா

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Samosa



Veg Puff



Brownie



Bun Butter Jam



Noodles

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Kovilambakkam: 200' Radial Road, Kovilambakkam, Chennai - 129

Ramapuram: Kamaraja Salai, Ramapuram, Chennai - 89

INNER WHEEL PRAYER

Instill in us O Lord, the true meaning of friendship.
Never let us forget that we are all Thy children,
Notwithstanding the differences in our culture and creed.
Endow us with a desire to serve our fellowmen,
Remembering that we too often need help.
Whenever or wherever the need for service arises,
Help us to be ready to serve,
Endeavouring to make our badge of Inner Wheel worthwhile,
Ensuring that we have not
Lived in vain.

இன்னர் வீல் கடவுள் வாழ்த்து

எங்கள் இறைவா!

நட்புணர்வின் உண்மையான பொருளை எங்களுக்குள் நிலைநிறுத்து!

எங்களுக்குள் சமய பண்பாட்டு வேறுபாடுகள் இருப்பினும், நாங்கள் அனைவருமே உமது குழந்தைகள் தாம் என்னும் எண்ணம் எங்களை விட்டு என்றுமே அகலாமல் இருக்கச்செய்!

நாங்களும் அவ்வப்பொழுது பிறரின் உதவிகளை வேண்டிடும் நிலையில் உள்ளோம் என்பதை மனதில் கொண்டு – எங்களுடன் வாழ்வோர்க்கெல்லாம் தொண்டு செய்யும் ஆர்வத்தினை வழங்கு!

எங்கெல்லாம் எப்பொழுதெல்லாம் எமது சேவைக்கான தேவை எழுகின்றதோ, அப்போதெல்லாம் நாங்கள் ஆயத்தமாக இருக்க உதவி செய்!

எமது இன்னர் வீல் முத்திரையை மதிப்புமிகதாக்கி, வீணாக நாம் வாழ்ந்து விடவில்லை என்பதை உறுதிப்படுத்து!

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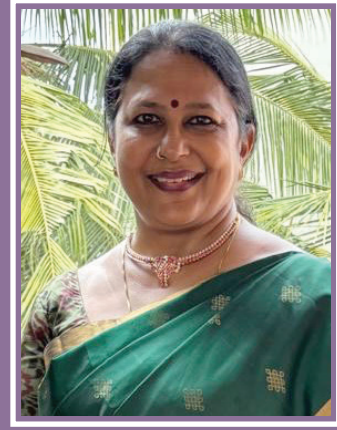
**"PATIENCE, PERSISTENCE AND PERSPIRATION MAKE
AN UNBEATABLE COMBINATION FOR SUCCESS!"**

- Napoleon Hill



**Best wishes to my dearest friend Sukanya for a glorious future with
many more years of achievement and success.**

- Uma Keshav



District Editor

To quote the genius who inspires me the most, Thomas Alva Edison, “if we do all the things we are capable of, we would literally astound ourselves.”

This is so true to the wonderful women out here, where each one of them strives and succeeds in astounding themselves. Each member of Inner Wheel District 323 represented by their Executive Committee have put in so much of an effort to make our part of the world a much better place to live in.

In tune with the theme of the District Chairman Fathima Nasira who believes that ‘happiness is everything’ we have aptly named our Souvenir ‘Upbeat @ 101’ marking the beginning of the second century of Inner Wheel.

This Souvenir showcases the efforts put in by every club of our District 323 towards serving the community at large; let me tell you, this is just the tip of the iceberg. The efforts in compiling them hardly matter, considering the effort that has gone in to executing extraordinary projects, time and again, each one unique and different in its own way.

The compilation has been done with the support and guidance of the District Chairman Fathima Nasira for whom writing is just child’s play. My thanks are due to all the Executive Committee Members and the Past District Chairmen who have stood by me in making the Souvenir happen.

Everything was made possible thanks to the wonderful articles, art work, photographs and cookery recipes that kept flooding in.

My sincere thanks to my dearest friend Uma Keshav for her support in editing and being around always.

My humble thanks and huge gratitude to all the advertisers, sponsors, members of Inner Wheel, dear friends, and family who have contributed unconditionally to make this souvenir a reality.

The Design and Printing team of Vignesh Printers – a big thanks for their dedication and commitment that made ‘Upbeat @ 101’ possible and a dream come true!

‘I am because we are’!

In the true spirit of Inner Wheel,

Sukanya Sriram

District Editor



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District Chairman

As I reflect upon the incredible journey of Inner Wheel District 323, I am filled with pride, gratitude, and inspiration. "Upbeat 101," chronicles our tale, of love, laughter, tears, trials and triumphs. Within these pages, you will discover the remarkable stories of selfless service, innovative projects, and heartfelt programs that have transformed lives and communities. From empowering women and children to supporting the vulnerable and marginalized, our clubs have tirelessly worked to create a brighter, more compassionate world.

I extend my warmest appreciation to District Editor Sukanya Sriram, a gifted writer, poet, dear friend & Wordsmith true for crafting this yearbook with love, care and attention to detail. Your creativity and dedication have brought our stories to life, inspiring us to continue striving for excellence.

To the members of Inner Wheel District 323, I offer my deepest admiration for your unwavering commitment to service and fellowship. May this yearbook motivate us to continue uplifting others, fostering friendships, and embracing the Inner Wheel spirit. As we celebrate our achievements, let us also look forward to the future with hope, optimism, and unity. May "Upbeat @ 101" be a beacon of inspiration, guiding us to greater heights of service, compassion, and harmony.

Warmest wishes,
Fathima Nasira
District Chairman
Inner Wheel District 323



• **Crawlers (1.5 to 2.5 years)**

• **Toddlers (Pre KG, 2.6 to 3.5 years)**

• **Junior KG (LKG, 3.6 to 4.5 years)**

• **Senior KG (UKG, 4.6 to 5.5 years)**

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District Executive Committee



Fathima Nasira
District Chairman



Devi Mathimaran
District Vice Chairman



Sarada Ramani
District Secretary



Usha Saraogi
District ESO



Anandhi Sabesan
District ISO



Arathi Narayanan
Association Council Member



Supriya Sundararaman
District Treasurer



Sukanya Sriram
District Editor

District Conference **Umang 101** offers a comprehensive insight into the vibrant events and yearly activities of the District, beautifully encapsulating its essence in a nutshell. The District Editor, Sukanya Sriram, has masterfully crafted this Souvenir, showcasing a year of impactful projects undertaken by the District and its clubs under the banner of IWD 323. These initiatives have significantly contributed to the upliftment of society, nurturing a heart full of compassion. This is all made possible under the able leadership of our District Chairman, Fathima Nasira, who passionately encourages us to "Enjoy Inner Wheel."

On behalf of the District Executive Members, District Chairman Fathima Nasira, District AC member Arathi Narayanan, District Secretary Sarada Ramani, District Treasurer Supriya Sundararaman, District ESO PDC Usha Saraogi, District ISO Anandhi Sebesan we extend our best wishes to our District Editor Sukanya Sriram for the exclusive souvenir Upbeat @ 101 release and for a spectacular and exuberant conference ahead.

Devi Mathimaran
District Vice Chairman &
Colleagues in the District Executive Committee

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District Constitution & Credentials Committee



PDC Shama Prasanna

CC Committee Chairman



Nallini Olivannan

CC Committee Member

District Literacy Committee



Kamala Selvam

District Literacy Committee Chairman

The 2024-2025 theme for the International Inner Wheel (IIW) is
“HEARTBEAT OF HUMANITY”



The theme's motto is
“Every Beat Counts, Every Action Matters”.

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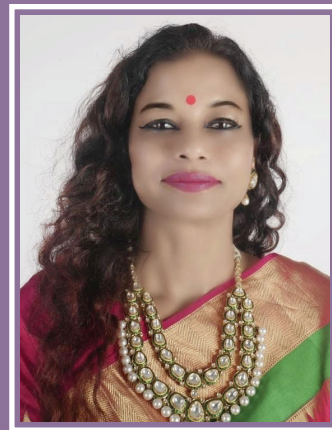
*(offer exclusive for Inner Wheel members)


M E H T A
JEWELLERY

IIW President

Dear Esteemed District Chairman Fathima Nasira,

I extend my warmest welcome and heartfelt congratulations to you for taking over as DC of your District in the first year of our second century of IW. As District Chairman, you hold a significant role in facilitating communication, fostering a sense of belonging, and guiding your teams towards excellence. Remember that your leadership is not just about the present; it is about nurturing the leaders of tomorrow who will carry forward our vision. I encourage you to keep pushing the boundaries, embracing innovation, and promoting inclusivity. Let us work together to empower our members, strengthen our communities, and create a lasting legacy that will inspire generations to come.



The theme of the year is “Heartbeat of Humanity.” Every Beat Counts, Every Action Matters. Everything we do with the essence of our shared humanity is to honour our uniqueness, embracing whatever comes on our way. What matters to all of us is inclusion, kindness, honouring our past and building a present that serves the greater good.

I am always guided by the timeless wisdom found in the Bhagavad Gita, a sacred scripture that holds profound insights and teachings applicable to our lives, both individually and collectively. I would like to share some examples from the Gita that can motivate and inspire us as members of this esteemed organization:

- ✧ Selfless Service: In the performance of one’s duty, one should not be driven by personal gains or rewards. Instead, focus on serving others with dedication and compassion.
- ✧ Resilience and Determination: Endurance and perseverance are the pillars of success. In the face of challenges, remain steadfast and committed to your goals.
- ✧ Unity and Collaboration: Recognize that we are all interconnected. Work together harmoniously, for true strength lies in unity.
- ✧ Embracing Change: Change is the law of the universe. Adapt and embrace it, for it paves the way for progress.
- ✧ Leading by Example: Leadership is not about authority; it is about setting an example through one’s actions.

Let us adopt these teachings and apply them in our journey with Inner Wheel during this new century and beyond. As we embrace this year’s theme, we are reaffirming our commitment to be a powerful force for good in the world. Let us take a pledge to remain the Humanity’s Heartbeat forever. With hearts overflowing with love and gratitude, let us embark on this journey with renewed vigour, knowing that together, as one Inner Wheel family, we can make a profound difference in the world.

I am sure under your guidance all your clubs and its members would excel in serving the humanity. Thank you all in advance for resonating in the hearts of humanity.

Mamta Gupta

President - International Inner Wheel



IIW Editor

Dear District Chairman Fathima Nasira,

Inner Wheel Greetings!

I feel delighted to make my small contribution of a few lines for the souvenir to be released on the occasion of the District Conference. This milestone event showcases our achievements over the past six months and sets the stage for the next six. As IIW Editor/ Media Manager, I have been witnessing the incredible work done by the clubs of your District. Your dedication and passion are truly inspiring. My heartiest congratulations to each one of you for putting your best efforts and making this first year of 2nd century of Inner Wheel a remarkable year.

This year's theme "Heartbeat of Humanity" has come straight from the heart of IIW President Mamta Gupta. Let's put our heart and soul into our actions to make Inner Wheel a global brand and the "Heartbeat of Humanity" as every beat counts, every action matters.

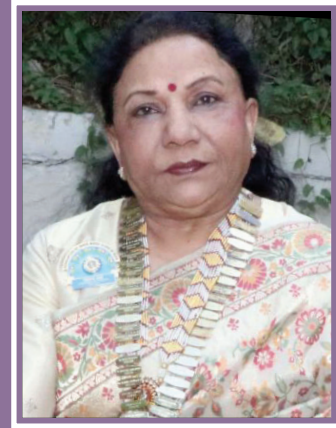
My best wishes to District Editor Sukanya Sriram for bringing out the souvenir that will serve as a useful resource to gain knowledge and help in showcasing the tremendous work done by the members of District 323.

Wishing you a great and memorable year ahead.

Loads of love and best wishes,

Rajni Katia

Editor/ Media Manager 2024-25
International Inner Wheel



Association President

Dear District Chairman Fathima Nasira and Members of District 323,

It is both an honour and a privilege to extend my heartfelt greetings to all of you on the occasion of your District Conference and the release of this special District Souvenir. This publication is a symbol of your unity, your achievements, and your collective journey in making a lasting impact within the community and beyond.

As we gather to celebrate another successful year, I am reminded of the strength, passion, and commitment that each member of District 323 brings to our mission. This Souvenir captures not only your accomplishments but also your aspirations for the future. It reflects the incredible teamwork, dedication, and spirit of service that defines your illustrious District.

I extend my sincere appreciation to your District leadership, the organizing committee, the District Editor Sukanya Sriram and every contributor who has played a role in creating this memorable publication. May this Souvenir serve as an inspiration to all, reminding of the meaningful work you've done and encouraging you to continue striving for excellence in the years to come. Wishing you all an enriching and impactful District Conference.

Celebrate your achievements, embrace new ideas, and strengthen your commitment to making a positive difference. Celebrate Life, Celebrate Inner Wheel Let's be "Unlimited "in Service to Humanity.

With Warm Regards,

Sunita Jain

Association President and National Representative
Association of Inner Wheel Clubs in India



National Editor

Dear District Chairman Fathima Nasira & District Editor Sukanya Sriram,

Warm Inner Wheel greetings to each and every member of Inner Wheel District 323!

It gives me immense pleasure to extend my heartfelt congratulations on the upcoming release of the District Souvenir. Your dedication and hard work in compiling this souvenir are truly commendable, as I know it's no easy feat. I have no doubt that this will serve as a testament to the remarkable achievements of 2024-25 and reflect the camaraderie within District 323.

I extend my sincere congratulations to the District Chairman for her leadership and tireless efforts. The impactful projects initiated under her guidance and the spirit of fellowship she has fostered have undoubtedly left a lasting mark on the community, further strengthening the Inner Wheel family.

As we celebrate this year's success, I am excited to share in the anticipation of what lies ahead for District 323. Year after year, District 323 has demonstrated its commitment to service and community-building. Over the years, I have witnessed the passion and dedication of the members of District 323 as they work toward the goals of our organization. I wish each of you the very best in your future endeavors and extend my warmest wishes for the success and the release of this Souvenir. May it serve as a beautiful reminder of the strength of unity and the power of collective action as we continue making a positive impact through Inner Wheel.

With heartfelt regards and best wishes,

Anita Jain

National Editor

Association of Inner Wheel Clubs in India



Past IIW President

Dear Sukanya,

It gives me great pleasure to greet the members of our District 323 through the pages of our Souvenir as we get ready for our District Conference.

Let us all at this half way milestone, pledge that we will consolidate on successes already achieved and move towards realization of one's dream with pride and satisfaction.

In this world that is today so full of strife and pain, it is organizations like ours that serve to spread peace and international understanding and we are indeed proud to be part of this great organization.

Let me also on this occasion leave you with a thought - you must march forward and feel that what is ahead of you is better than what is already achieved.

As St Augustine said "Once you have said it is enough you are lost. Keep adding, keep walking, and keep advancing. Do not stop, do not turn back – your best is yet to come!!"

Friends remain proactive and continue to articulate the IIW theme 2024-25 -Heartbeat of Humanity

Kamala Ramakrishnan

Past IIW President
International Inner Wheel

ACCCC / Past IIW Treasurer



“Conference” - It is that time of the year in our beautiful organisation where we gather together to meet and greet, making new friends and cherishing the old.

District Editor Sukanya has been flitting around like a honey bee gathering information about projects executed by the clubs, requesting for articles, anecdotes, poems etc, I am sure with her ability as a good writer we, can look forward to a beautiful souvenir.

Inner Wheel is a platform that we should use to become a better person in all spheres of our life. The clubs have been doing yeomen service and providing the vital link and help where ever and whenever needed. Cheers to all the members of Inner Wheel District 323.

“ In Life you will realise that there is a role for everyone you meet, some will test you, some will use you, some will love you and some will teach you, but the ones who are truly important are the ones who bring out the best in you. They are the rare and amazing people who remind you, why life is worth it. “

Therefore dear friends, May you find strength to face tomorrow in the love that surrounds you today.

With love and prayers,
Yours in Inner Wheel,

Azhagu Annamalai

Association of Inner Wheel Clubs in India
Chairman of the Constitution and Credentials Committee 2022-2025
International Inner Wheel Treasurer (2016-2019)
Association President / National Representative (2008-2009)
Past District Chairman -IW District 323 (2004-05)



Rotary District Governor

Dear Inner Wheel Members,

Greetings from RID 3234. It is always a pleasure to be involved with the activities of IWD 323, given the wonderful work that you all have been doing.

With 70 plus clubs and 2000+ members, you've been doing great work to benefit local and international communities. With your heart beating for humanity, you are reaching out to inspire for a better world, promoting true friendship and international understanding. I wish you the very best to grow from strength to strength.

My vision as a Charter Governor of RID 3234 is to engage every Rotarian in the service projects that we do, while enjoying being a Rotarian. I'm sure that IWD 323 is also looking at the same, given your focus on the various service areas.

For the 1.5 lakh plus beneficiaries to double and more, it is imperative that every member contributes and I'm sure District Chair Fathima Nasira and the members of the EC will be working towards that. Here's wishing you all a great year and the very best.

I'm sure this Souvenir will help all Inner Wheel members with lots of information, given the efforts of the District Editor Sukanya Sriram. Looking forward to a Magical year for you all.

Rtn N.S. Saravanan

District Governor 2024 - 25
Rotary International District 3234
Chennai



*With Best Wishes
from*

Rotary District 3233



District Governor 2024-25
Rtn. S. Mahaveer Bothra
First Lady M. Jayashree Bothra



Rotary District Governor

Dear Inner Wheel Members,

Greetings from RID 3233. It gives me great pleasure to see the wonderful action packed projects that you have been doing in Inner Wheel District 323.

With around 70 clubs and 2000+ members, your commitment to society, especially women and children has been astounding. In sync with your theme 'Heart beat of Humanity' you are doing your best towards the underprivileged.

My best wishes to District Chairman Fathima Nasira and the Executive committee and the senior Past District Chairmen who form the backbone of your District, empowering and encouraging members to consciously create a better world for those in need. My best wishes for a great year of service and I am sure the Souvenir will be unique and special as it has always been over the years and my best wishes to District Editor Sukanya Sriram.

May the year be magical, bringing with it happiness and joy to each and every one of you!

Best wishes,

Rtn S. Mahaveer Bothra

District Governor 2024-25
Rotary International District 3233
Chennai



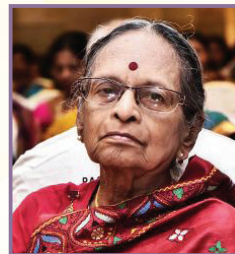
The Grand Luminaries of 323



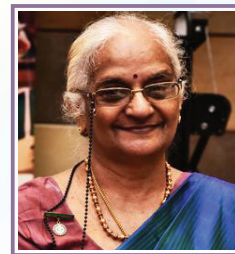
Kamala Ramakrishnan
Past IIW President 2007-08



Azhagu Annamalai
Past IIW Treasurer - ACCCC - 2022-25



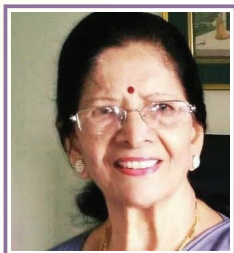
Mano Bakthavatsalam
Past Association President 1984-85



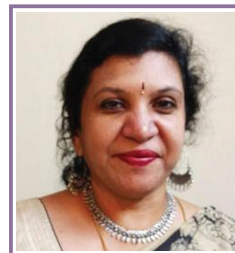
Nirmala Desikan
Past Hon. Association Secretary 1987-88



Kala Bhashyam
Past Deputy National Rep - 1997-98



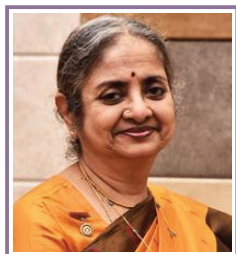
Rama Rajagopalan
Past Hon. Association Secretary - 1999-2000



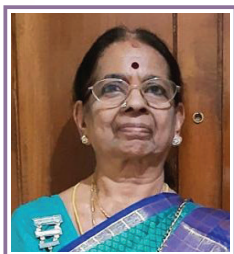
Padma Preetha Sumanth
Past Hon. Association Secretary 2018-19



Latha Mahalingam
Past National Editor 2016-17



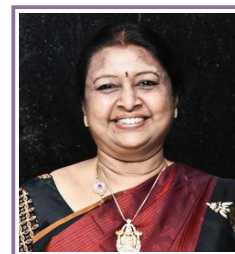
Sita Lakshminarayana
District Chairman 1994-95



Vasanthi Rao
District Chairman 1996-97



Shanthi Gopal
District Chairman 1997-98



Nallammai Ramanathan
District Chairman 1999-2000



Malathi Ananthan
District Chairman 2000-01



Nalini Prabhakar
District Chairman 2001-02



Shanthi Kannan
District Chairman - 2002-03



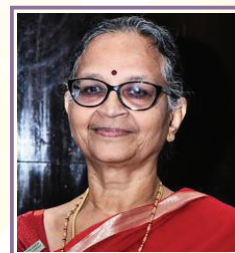
Radha Ramesh
District Chairman 2003-04



Dr Shashi Shyamsundar
District Chairman 2005-06



Radha Ranganathan
District Chairman 2006-07



Bhamini Parthasarathy
District Chairman 2007-08



Sushila Natraj
District Chairman 2008-09



Radha Sankar Krishnan
District Chairman 2009-10



Kala Ravichandran
District Chairman 2010-11



Vasumathi Marimuthu
District Chairman 2012-13



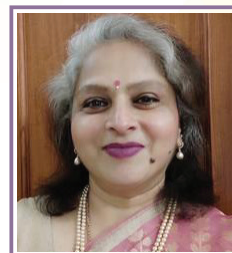
Mallika Venkataramani
District Chairman 2013-14



Swarnalatha Jothikumar
District Chairman 2014-15



Seema Bhargava
District Chairman 2015-16



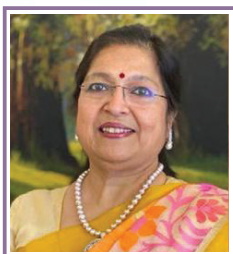
Shama Prasanna
District Chairman 2016-17



Kala Rajasekhar
District Chairman 2018-19



Nallini Olivannan
District Chairman 2019-20



Usha Saraogi
District Chairman 2020-21



Kamala Selvam
District Chairman 2021-22



Arasi Ponmozhi A.T
District Chairman 2022-23

Greetings to District Chairman Nasira, Executive Committee members of 2024-25 and the members of Inner Wheel District 323 for a successful District Conference Umang. Over the years our District has grown in leaps and bounds and we are now 70 clubs strong. We have a healthy blend of wise seniors and bubbly youngsters making the District adapt to newer changes with ease. Our District leaders have played a major role in making this transition a smooth one. Leading a District like 323 with so many Inner Wheel stalwarts amidst us is no joke. It is to the credit of District chairman Nasira and the team of superwomen who have successfully carried out this mammoth task with ease.

Inner Wheel club of Madras Midtown which is celebrating golden jubilee in 2025 takes pride in giving one of these superwomen to this efficient team. Editor Sukanya not only is known for her penning abilities but also is famous for her technical skills and Midas touch while raising funds for any project. We the members of Inner Wheel club of Madras Midtown are proud to have given yet another capable leader to the District. We stand behind her and wish her great success in all her future endeavours.

Dr. SHASHI SHYAMSUNDAR

Past District Chairman
Inner Wheel District 323

District Vice Chairman

At the beginning of the year I, as the District Vice Chairman took on a new responsibility of organizing the President Meets for a duration of ten months.

District 323 has the distinct privilege of hosting these exclusive President Meets, a key event that brings together Presidents from across the District.

This experience proved to be both rewarding and enriching, allowing the Vice Chairman to interact closely with the Presidents. While they required some initial guidance, each of them worked collectively to ensure the preparation and execution of each President Meet with style.

Apart from that, a few clubs ensured publication of projects in newspapers but they engaged more on social media.

Overview of the President Meets

To date, five President Meets have been successfully organized, with each event attended by a minimum of 40 to 50 Presidents. The collaboration among the Presidents, combined with their innovative approach and entertainment towards the end ensured that each event was memorable. The six to seven Hosting Presidents of each month, put in significant effort to surprise and delight the

other attendees with creative and unique event arrangements.

The Presidents worked together with the guidance of the District Chairman and District Vice Chairman, blending their individual styles with teamwork, which was well appreciated by all involved, making each President Meet smooth and effective. The District Executive Committee members and Presidents had the opportunity to communicate and interact with each other establishing good rapport.

Key Responsibilities of the Host Presidents

The host Presidents played a crucial role in the planning of the President Meets. Their responsibilities included:

- ✧ Designing invites
- ✧ Selecting the venue for each event.
- ✧ Decorating the venue to reflect the theme of the event.
- ✧ Arranging meals and refreshments, whether it was high tea or lunch.
- ✧ Planning engaging activities such as games, ramp walks and quizzes thereby ensuring a lively atmosphere.





Additionally, the host Presidents organized cake-cutting ceremonies for those celebrating their birthdays in the respective month, adding a personal and special touch to the event.

A Platform for Collaboration

The President Meets served not only as a forum of receiving information from District Officers, but also as a valuable platform for Presidents to share and exchange information.

These meets allowed Presidents to discuss:

- ✦ Upcoming club projects
- ✦ Joint projects and collaborations
- ✦ Key announcements and updates from their respective clubs

Beyond the formal discussions, the President Meets fostered camaraderie and strengthened bonds between the Presidents, creating a sense of unity and teamwork within the District.

Themes and Colour Codes

Each President Meet was centred around a carefully chosen theme, contributing to the overall atmosphere of celebration and creativity. The themes for the five events were as follows:

- ✦ Muditha
- ✦ Euphoria
- ✦ Happy Heart
- ✦ Love N Laughter
- ✦ Sparkle

Each event was complemented by a specific colour code that enhanced the visual appeal and coherence of the event. All President Meets were structured to run within a two-hour time frame, ensuring a balance between engagement and efficiency.

Branding and Publicity

While the publication of club project details was minimal, the primary avenue for branding and outreach was through social media., this platform helped them reach a wider audience, promote the events, and highlight their success. The Presidents' dedication and commitment to the event were instrumental in creating a memorable experience for all involved.



Conclusion

In conclusion, organizing the President Meets over the past five months has been an incredibly fulfilling experience. The opportunity to collaborate with such dedicated Presidents has been invaluable and the team effort that went into making each Meet a success. The events not only facilitated information exchange and project planning but also helped build stronger relationships among the Presidents, contributing to a greater sense of community service by clubs of District 323.

Devi Mathimaran

District Vice Chairman

Poongavil Mazhalai Oli Kondattam

POONGAVIL MAZHALAI OLİ KONDATTAM is celebrating its 25th year as a flagship initiative of District 323, guided by the exemplary leadership of PDC Nallammai Ramanathan.

Each year, just before Diwali, the District Treasurer, under the direction of the District Chairman and with the support of all club Treasurers, organizes this remarkable event. Approximately 1,000 children from underprivileged schools and institutions receive new clothing, school bags, and kits filled with stationery, biscuits, juice, and hygiene items. Additionally, the children enjoy a day of fun, entertainment, and a meal.

This year's theme centred on providing an outing in nature, allowing the children to experience the beauty of protected wildlife. They were taken to the stunningly refurbished Guindy Children's Park, a 2.7-kilometer green oasis in the heart of Chennai, rich in diverse flora and fauna. With enthusiasm and joy, the children explored the park, organized into two batches of 500, further subdivided and color-coded for effective management, thanks to the diligent efforts of our Inner Wheel members.

The successful execution of this event was a testament to the vision, planning, dedication, and passion of PDC Nallammai Ramanathan. From selecting the venue to meticulous event planning, designing special school bags, and coordinating the logistics for 1,000 children—including lunch arrangements—her leadership was invaluable.

The new dresses gifted to all the children were made possible through the generous support of PDC Usha Saraogi.

The unwavering support and guidance from District Chairman Fathima Nasira, who participated in every stage of planning and coordination, highlighted her commitment and dedication to the cause.





The enthusiastic involvement of all clubs within District 323 was truly heartwarming, with significant contributions from District Executive Committee members Sukanya Sriram and Anandhi Sabesan, along with numerous Inner Wheel members.

The event kicked off at the iconic Gandhi Mandapam, right next to Guindy Park. The amphitheatre was a beautiful sight, filled with 1,000 children and a sea of volunteers and supporters.

The highlight of the day was a captivating magic show by Mr. Senthil, followed by an energetic Zumba session led by Tharishnambigai, which had the kids dancing with joy. The Chief Guest, the beloved Comedy King Yogi Babu, charmed everyone in attendance. We were also joined by film producer and actor Siva, along with several invited guests.

Supriya Sundararaman

District Treasurer





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District Extension Service Organiser



Around 250 new members were inducted this year 2024 – 25.

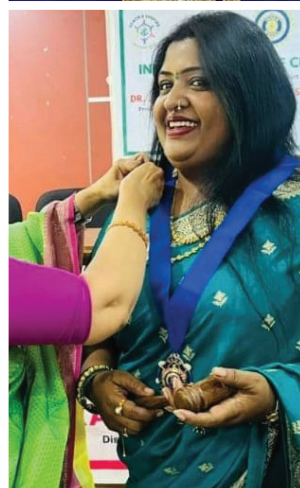
A new Club Inner Wheel Club of Chennai Legacy was started on 28th July with 30 Members. Dr. Janani Rex as its Charter President and the club has started functioning well.



The Second Club, Inner Wheel club of Chennai Rainbow Shakthi was started on 28th September with 26 members with Vandana Agarwal as its Charter President.

While starting the new club, we have worked for the revitalization of Inner Wheel Club of Chennai Melody with 20 members with Varsha as its President.

We have done an Orientation Programme UTSAV MILAN on the 16th of November where we invited new clubs chartered in the last seven years to attend the Orientation program, which was a successful event.





District International Service Organiser

Flag Exchanges

Club ISOs exchanged flags with various Districts. Flags were also exchanged with Inner Wheel clubs in countries abroad spreading the wings of Friendship.



Hobby Clubs

A new initiative - Formation of Hobby Clubs was started.

A total of seven Hobby Clubs were formed that was initiated and led by the club ISOs. The flexibility of the hobby clubs ensures that Members could join any Hobby Club.



The initiative in starting these Hobby Clubs was to

- ✦ To bring out the talents of the members and
- ✦ To create Bonding and Friendship



ISO Get Together

An ISO get together was organised on July 18th at Kottur Gardens.

Madras Day Celebrations

On August 31st, MADRAS DAY was celebrated by visiting Santhome Church followed by a fun-filled morning at the Marina Beach and finished with breakfast at Hotel Maris. More than 100 members attended.



South Zone Meet

52 members attended the South Zone Meet at Thanjavur held on September 20th and 21st.

- ✦ Awarded the second prize for the maximum number of Registrations
- ✦ Our members won prizes in the Lucky Dip.
- ✦ Solo dance performance - 2nd prize to Past President Sheetal Satish IWC Chennai



Symphony and Consolation prize to Radhini - ISO - IWC Chennai Sonnet

- * Ramp Walk - 2nd prize to President Mekalai- IWC Chennai Vibrant

- * Past International Inner Wheel President, Kamala Ramakrishnan was awarded the LIFETIME ACHIEVEMENT AWARD. It was a proud moment and privilege for District 323.



- * Meet And Greet – Members and ISOs exchanged flags with the other District ISOs.

ULLASAM a two-day ISO trip to Kerala is scheduled in January 2025.

My journey as an International Service Organiser is memorable and I enjoyed my year with the innumerable friends. The journey of bonding and friendship continues.

Anandhi Sabesan

District International Service Organiser

- * Cultural Programme - District 323 participated in a wedding theme - Tamil Iyer Wedding - with District Chairman Nasira as the Bride.
- * 17 members participated.



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Association for Rural Community Development (ARCOD)

4/637, Krishnagiri Road, Rayakottai – 635 116, Krishnagiri District, Tamil Nadu India

Email: arcod@rediffmail.com Website: www.arcodindia.org

Swarnam - Inner Wheel Club of Vellore North Celebrates Golden Jubilee (1974-2024)

The Swarnam Inner Wheel Club of Vellore North proudly marked its Golden Jubilee on August 24th, commemorating 50 years of dedicated community service. District 323 rejoiced in this remarkable milestone.



Inaugural Ceremony

August 24th dawned brightly as members donned yellow sarees, symbolizing warmth and celebration. District Chairman Fathima Nasira and Past District Chairmen (PDCs) arrived punctually.



Distinguished Guests

Honourable Chancellor, **Dr. G.V. Viswanathan**, presided over the function as Chief Guest. The lighting of the lamp ceremony and welcoming protocol added to the grandeur.

Inspiring Speeches

Dr. Viswanathan and District Chairman Nasira Fathima delivered motivating speeches, highlighting the club's 50-year journey and commitment to community service.



Highlights of Swarnam

Four key events made the celebration unforgettable:

1. Tribute to Past Presidents: A PowerPoint presentation honoured the legacy of all past presidents.
2. Honouring Long-Standing Members: Charter Secretary Mrs. Chandralekha Soundarrajan and Mrs. Mylambigai Kumaraguru were felicitated for 50 years of dedicated service.
3. Release of Scroll Book and Special Flag: Chief Guest Dr. Viswanathan unveiled the IWC Vellore North scroll book and special flag.
4. Charitable Donation: A cheque was handed over to Saanthigramam, Karigiri, demonstrating the club's ongoing commitment to social causes.

Overwhelming Support

With great blessings of our late Thilagavathy Ramiah and the presence of 14 Past District Chairmen and Executive Committee members blessed the occasion.



Golden Jubilee Success

With gratitude and blessings, Inner Wheel Club of Vellore North successfully concluded its Golden Jubilee celebration, reaffirming its dedication to serving the needy.



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North Zone Meet

The NZM experience has been truly amazing in terms of understanding the impactful projects, example Project Naman to honour and support the war widows of India. Interacting with them personally helped us empathise with them. Some of them have gone through extremist attacks on their loved ones, and it moved us all to tears because it was their real life and we could see the affected people right beside us.



The food and arrangements, particularly the musical concert, Kashmiri costume dress up and exhibits were very interesting. Meeting Inner Wheel members from across the country was good fun, especially when they exchanged gifts like bangles and flower garlands with us, because some regions do not even get fresh jasmine flowers. Kashmiri cuisine is super delicious, so much so, that some of us brought back lotus stems to cook and enjoy a Kashmiri dish at home.

Jaishri Prakash

IWC Chennai Daffodils

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INNER WHEEL CLUB OF ADAMBAKKAM



President
Sangeetha Narayanan

Secretary
Dr Swatha Saravanababu



A Joint project organised with 15 clubs where we sponsored the Cricket match organised by the Tamil Nadu Cricket Association for Blind (TCAB). An amount of Rs. 40,000/- was collected for the cricket match and sponsorship for breakfast, energy drinks and buttermilk was also organised. The players are visually impaired and were categorised into 3 levels. District Chairman Ms. Fathima Nasira graced the closing ceremony and awarded prizes.

Project Cost: Rs.10,000

No of beneficiaries -70

INNER WHEEL CLUB OF ADYAR



President
Sridevi Arunmozhi

Secretary
Raji Venkatesh



We launched the year-long 'Project Annam' on August 19, 2024, an auspicious Pournami day. Our mission is to 'Feed all beings' since food is the only need that can bring wholehearted satisfaction to any being. Till date, we have served 309 meals to beneficiaries including homeless people, children and senior citizens. Our project will also serve animals in need. The enthusiasm of our club members continue to make 'Project Annam' a fulfilling one.

INNER WHEEL CLUB OF AMBUR



President
P C Jayanthi Mala

Secretary
K Hemalatha



Breast feeding Awareness week in the Government hospital in Ambur where pregnant and lactating mothers participated and benefitted from this program.

INNER WHEEL CLUB OF CHENNAI BEACH ASTER



President
Aishwarya Ravichandran

Secretary
Veena Balaji



On 24th August 2024, equipped the Adyar Cancer Institute - Paediatric unit with TWO LED TVs (32' inch – 1 unit and 43' inch -1 unit at a cost of Rs. 57,490/-

INNER WHEEL CLUB OF CHENNAI CENTRAL ELITE



President
Rashika Shyam

Secretary
Ashwini Kankaria



“Joy in a Box”—a special initiative to bring smiles to underprivileged children, including orphans and kids affected by HIV and cancer during Diwali. 536 kids were gifted with hampers filled with essentials and festive treats at a total cost of Rs. 1.5 lakh.

INNER WHEEL CLUB OF CHENNAI DAFFODILS



President
G Vijaya Lakshmi

Secretary
Devaki Balaji



On August 15th, 2024 donated Energy drinks and mementos to TN Wave riders swimming event at the Marina beach for 15 special children at a cost of Rs. 20,000/-.

INNER WHEEL CLUB OF CHENNAI GALAXY



President
Subhashree S

Secretary
Ashitha S



During Diwali we provided the inmates of Sai Illam, Annanur with necessities like gas stove, bedsheets and pillow covers, sarees, dhotis, towels and water bottles and also provided lunch for the day.

INNER WHEEL CLUB OF CHENNAI GEMINI



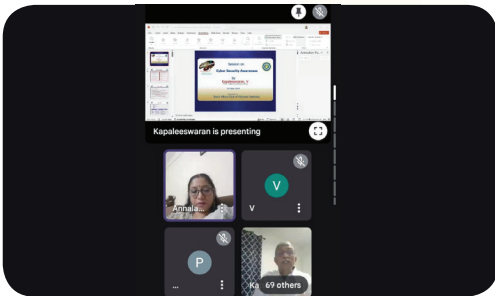
President
Kowshalya K

Secretary
Malathi Santhosh



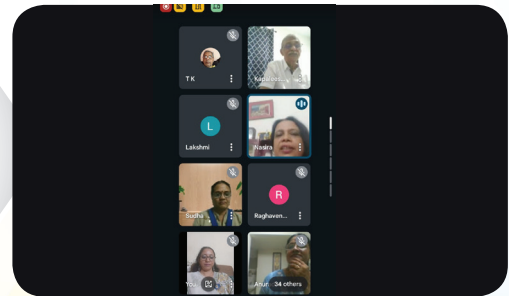
On 7th November 2024, a Wheel chair costing Rs. 10,000/- was donated to a lady who had a debilitating disease since childhood and this project would empower her, making accessibility possible for her.

INNER WHEEL CLUB OF CHENNAI HARMONY



President
Sudha Sundararaman

Secretary
Varalakshmi Sridhar



Chennai harmony organized an Online Cyber safety awareness session on September 9th which was open to all clubs and members outside the clubs too. Mr.Kapaleeswaran, Past President of Cyber Society of India highlighted on various cyber threats, their symptoms and how to stay safe from them to about 75 beneficiaries across different locations.



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INNER WHEEL CLUB OF CHENNAI K K NAGAR



President
J Esther Rani

Secretary
Anandhi Giri

IWC Chennai KK Nagar sponsored a laptop for a student in Kalpavriksha Free Tuition Center.

INNER WHEEL CLUB OF CHENNAI KORATTUR



President
S Anbuselvi

Secretary
Shanthi Selvakumar



Two teachers Smt. R Malini, Headmistress and Smt. Jessy Esther Rani were honoured for their exemplary service to the Minjur Panchayat Union Primary School by reviving the school from closing with infrastructure development. This has made the school strength from 15 to 126 students and from 2 to 5 teachers respectively.

INNER WHEEL CLUB OF CHENNAI MAGHIZHAM



President
Maya Priyatharshini M

Secretary
Dasapriya R



We showcased the talent of a budding musician and donated the funds towards visually challenged people welfare. The cost of the Project was Rs. 14000/- and the beneficiaries were 40.



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INNER WHEEL CLUB OF CHENNAI GOLDEN SUN



President
Puja Iyer

Secretary
Uthra Arun



Paavai Foundation in Perungudi. We donated exotic groceries to Paavai Foundation to prepare some special food on the occasion of Diwali. It hosts girl children who are orphaned, abandoned, or in need of a safe haven. The total cost of the project was Rs.18000/- (Rs.15500/- for groceries and Rs.2800/- for earrings for the kids)

INNER WHEEL CLUB OF CHENNAI LUMINA



President
Roshni Mahadevan

Secretary
Farah Sheth

PROJECT PAW - Partnership for Animal Welfare with TIA foundation to take up animal welfare projects in the future and gave a donation of Rs. 6000/- for vaccination of strays which they do on a regular basis to benefit 50 stray dogs.

INNER WHEEL CLUB OF CHENNAI MANORANJITHAM



President
R Tharishnambigai

Secretary
Adhilakshmi S



Donated Diwali Gift box with Sweets, new clothes, education supplies, toys, games, crackers, groceries school bags and lunch bags to deserving children at Right Call Charitable Trust at a cost of Rs. 14700/-

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INNER WHEEL CLUB OF CHENNAI PAARIJATHAM



President
Neeraja Ravikumar
Secretary
Kavitha Nandakumar



Donated wheel chair, walkers, walking sticks, bed rest, portable foldable table, muscle heating pad, hip belt, adult diapers and patient accessories to Sai Old Age Home in Kundrathur, also distributed snacks and savouries to the inmates at a total cost of Rs. 20000/- and interacted about their wellbeing. Total number of beneficiaries were 63.

INNER WHEEL CLUB OF CHENNAI PHOENIX



President
Srivani Tammera
Secretary
Priya Srikanth



We contributed to the Renovation of Happy School - Balwadi wing of Egattur Corporation school. The cost of the project was Rs. 2,45,000/-. The renovation included construction of front roof shed, internal and external wall painting, doors and windows painting, renovation of girls and boys washrooms, construction of concrete platform for flag hoisting and play area and laying of fence for the garden area.

INNER WHEEL CLUB OF CHENNAI PRESIDENCY



President
Deepa Duraiswamy
Secretary
Mrinalini Sekar



A free breast cancer screening camp for 60+ women was conducted at the Adyar Urban Community Health Centre, in association with Sri Ramachandra Hospitals, using the Rotary Mobile Mammogram Unit, on Saturday 23rd November 2024. Funds for the program were raised in a unique way - by selling Solidarity badges. The badges were part of a Sisterhood project, inspired by our sister club, IWC of San Fernando La Union of D379 Philippines.



INNER WHEEL CLUB OF CHENNAI RHAPSODY



President
Savitha Sathish

Secretary
Sangeetha Saravanan



We provided under garments for 21 girl children at the Rainbow Home at Kosapet at a cost of Rs. 5000/- with an aim to help maintain personal hygiene and prevent spread of infections

INNER WHEEL CLUB OF CHENNAI RAINBOW SHAKTHI



President
Vandana Agarwal

Secretary
Suma Prakash

Based on the cause 'Blankets of Friendship and Service', blankets were distributed to two infants in Children's Hospital, Egmore and 101 lunch packets were distributed.

INNER WHEEL CLUB OF CHENNAI RHYTHM



President
Chitra Ram

Secretary
Beatrice Priya



School Colour Wash (Happy School) - Project Description : We recently visited the Government Primary School in Mallima Nagar, Pozhichalur identified through the Namma Ooru Namma Palli portal. We painted the entire interior and exterior with colour wash, including the Palvadi block at a cost of Rs. 1,33,500/- and the beneficiaries are more than 100 children.

INNER WHEEL CLUB OF CHENNAI SAKHI



President
Shantha Shyamala R

Secretary
Saranya Paramasivam



As part of the Literacy mission of Inner Wheel India, we paid Rs. 12000/- for the school fees of Mrs. Arul Jothi, a single mother and this is our signature project. An amount of Rs. 5000/- was sponsored by Gunavathi Ramachandran Trust. The balance was donated by members.

INNER WHEEL CLUB OF CHENNAI SANJEEVANI



President
Subhadra Lunawath

Secretary
Rakhi Chordia

The club supported 29 cancer kids family who are from a small village having cancer with the grocery items worth Rs.11000/- at CAN KIDS, T Nagar.

INNER WHEEL CLUB OF CHENNAI SONNET



President
Preetha

Secretary
Priya Wilson

The "Chennai - The Sunflower City" project is a testament to the power of community-driven ecological restoration. We distributed sunflower seeds to other clubs in District 323 and promoting sustainable planting practices, this initiative will not only beautify the city but also contribute to a healthier urban ecosystem.



Rotary



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INNER WHEEL CLUB OF CHENNAI STARS



President
Aeina Devi

Secretary
Maheshwari



We distributed food to underprivileged individuals near Jeeva Park, generously sponsored by Maheshwari from our club. Cost of the project is Rs. 15,000/-.

INNER WHEEL CLUB OF CHENNAI ORCHID



President
A Shameema

Secretary
Pavi Reddy

As an initiative for vocational training for autistic children at Maithree, we handed over 20 kgs of newspapers for making napkin disposable paper bags. The total number of beneficiaries 60 children.

INNER WHEEL CLUB OF CHENNAI SUNSHINE



President
Udhya Chandrika S

Secretary
Rajeswari N

As part of our ongoing project of Support for Medicine we donated Rs.20000/- to VHS Hospital for Medicines for 30 HIV affected children.

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INNER WHEEL CLUB OF CHENNAI SYMPHONY



President
Geetha Raju

Secretary
Priya Subramaniam



A Honda Activa 3-wheeler bike was gifted to Sadiq, who battled polio, which affected both legs and one arm. He struggled through school and college, earning a degree. Sadiq supports his wife and 8 year old son while running a computer sales and service business. This gesture empowers Sadiq's mobility.

INNER WHEEL CLUB OF CHENNAI UNITED



President
Padmini Sadagopan

Secretary
Renuka Jayakumar

We donated calipers and wheel chair to two physically challenged people to enable them accessibility.

INNER WHEEL CLUB OF CHENNAI THIRUVANMIYUR



President
S Kanimozhi

Secretary
Srividhya Venkatesh



We donated 101 Medical utilities including bedside lockers, fold screen cloth, IV stands and oxygen cylinders to the Urban Community Health Centre (UHC) at Perungudi. A well-maintained hospital, there is a footfall of 300 people who get free consultation and vaccination for children, free dialysis and free gynaecology checkup and deliveries.

INNER WHEEL CLUB OF CHENNAI UNIQUE



President
Santhosh Lakshmi

Secretary
Shanmugapriya N



To promote Fitness (walking), Environmental Protection, Awareness on Solid Waste Management, a Walkathon was conducted at Gandhi Park where park visitors were encouraged to walk around the park and in return a sapling was gifted. We distributed 53 saplings to the public along with Cloth bags promoting our Inner Wheel brand. Our Club member Dressed up as Earth with tag line "Save Me" with lots of waste around her raised awareness on avoiding plastics, waste segregation and more. Our club members' kids were also involved in this initiative to make them understand their role on this planet earth.

INNER WHEEL CLUB OF CHENNAI VERVE



President
R Arti

Secretary
Maheswari Sudhakar



IWC Madras Fort and IWC Madras Verve donated one set of World Book encyclopaedia worth Rs.40000/- to a free library, Thiruvalluvar Noolagam at settur Village myladudurai taluk. Books were handed over to "Thiruvalluvar Noolagam". Total Beneficiaries: 2640 students per year.

INNER WHEEL CLUB OF CHENNAI VIBRANT



President
Mekalai Emalvazhuthi

Secretary
N Vasanthi

Our Club member Ms. Aarthika donated cash of Rs. 25,000/- to support the education of two children.

INNER WHEEL CLUB OF CHENNAI VRIKSHAM



President
Loga J

Secretary
Padmini Vijayan

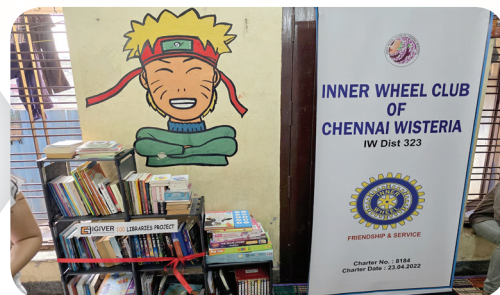
We provided knee pads and crawling gloves for individuals with physical challenges. These items are intended to enhance their mobility and ease of movement.

INNER WHEEL CLUB OF CHENNAI WISTERIA



President
Nikitha M Babu

Secretary
Vinita Khandelwal



As part of the 100 Libraries project of IGIVER, we supported the cause and donated books to THE NALMANAM, a shelter home for children. Beneficiaries were 20 children and the cost of the project was Rs. 3,290/-

INNER WHEEL CLUB OF GUDIYATHAM SHINE



President
K R Aswini

Secretary
Lalitha Ravivendan



We made 3000 seed balls with 22 different tree seeds and threw them around lakesides, river sides and near highway roads so that they would grow.

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INNER WHEEL CLUB OF GUINDY



President
N Nirmala

Secretary
Bhuvana Praveen

Our club donated Rs. 10000/- to Naam Vidhaikalam project, NGO in remembrance of our club member late Indumathi. This fund helps in funding 2 knowledge centres as stipend for teacher, provision of snacks, operational expenses and stationary supplies and caters to 80 children.

INNER WHEEL CLUB OF KANCHEEPURAM



President
S Loganayagi

Secretary
K Indumathi



Pazhani, a weaver from Pillayar Palayam, works on daily wages. He has hearing difficulties, with one ear completely non-functional and the other functioning at only 40%. We provided him with a hearing aid, which cost Rs. 7,000.

INNER WHEEL CLUB OF MADRAS



President
Shamantha Reddy

Secretary
Ruchita Saraogi



The first Cervical Vaccine Drive at Bala Mandir aimed at protecting children from cervical cancer, saw 104 children vaccinated as part of Phase 1. Alongside the vaccination, the club also distributed 250 goodie bags to 250 kids, filled with treats like cupcakes, juice, banana chips, and chocolates, spreading joy as well as health benefits among the kids. The cost for the first phase of vaccination was Rs. 1,49,660/-



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முற்றிலும் புதிய திரவ உரத்தை அறிமுகப்படுத்துகிறோம்

வளர்ச்சி மற்றும் லாபத்தை அதிகரிக்கக்கூடியது



திரவ உரங்களின் நன்மைகள்



வழக்கமான உரங்களுடன்
ஒப்பிடும்போது சிறந்த
ஊட்டச்சத்து உறிஞ்சும்
திறன்.



நிலம் மாசுபடுவதில்லை,
இதனால் மண்ணை
சுற்றுச்சூழலுக்கு
பாதுகாப்பானதாக
ஆக்குகிறது.



அதன் வடிவ அமைப்பின்
காரணமாக பலன்கள்
உடனடியானவை, மேலும்
ஈரப்பதம் குறைவாக உள்ள
நிலைமைகளில் சிறப்பாக
செயல்பட வாய்ப்புள்ளது.



ட்ரோன்களைப்
பயன்படுத்தி வான்வழி
தெளிப்புகளுக்கு ஏற்றது.



தெளிப்பதற்கு எளிதானது
மற்றும் பூச்சி மற்றும்
பூஞ்சான கொல்லி
இரசாயனங்களுடன்
கலக்கலாம் வேலையாட்கள்
செலவை மிச்சப்படுத்துகிறது.



விவசாயிகளுக்கு செலவு
குறைந்த மற்றும் அதிக
வருமானம் தரவல்லது.

INNER WHEEL CLUB OF MADRAS BAY CITY



President
Pragati Singhal

Secretary
Meenakshe Nachiappan



Our Aatma Raksha project on 21st October 2024 was on self defense awareness. We organised a training program for the 3rd year Girls students of S. I. V. E. T College, under the trainers Rtn Sensui Vasu and Sensui Nimmi. They taught the girls how to attack and defend in the time of emergency. Later juice packets were also given to all participants and volunteers. The total number of beneficiaries were 170 and cost of project was Rs. 4200/-

INNER WHEEL CLUB OF MADRAS BESANT NAGAR



President
Rani Jerome

Secretary
Usha Krishnamurthy



Training for 15 differently abled women from the Society for women with disabilities was arranged for 9 days to make saleable products from palm leaves. They learnt the method to colour the palm leaves also. They could make coasters, boxes, small mats, key chains, garlands etc. At the end of training session, they were able to get orders enabling them to get good profit.

INNER WHEEL CLUB OF MADRAS CENTRAL



President
R Vijayalakshmi

Secretary
Anitha Balachander



Groceries were donated to or cervical cancer patients living in transit homes at Besant nagar supported by INTAS, the number of beneficiaries were 500 and the cost of the project was Rs. 20000/-



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Annamayil



As the **Inner Wheel Club of Madras Midtown** speeds towards its Golden Jubilee in 2025, our passion and dedication to serving humanity remains unwavering. Focused on healthcare, education, and the empowerment of women and children, we have collectively made a meaningful impact.

Our social responsibility initiatives include organizing awareness talks in schools on Thalassemia, a lesser-known inherited blood disorder affecting infants and children.

We are proud to have launched 'Annamayil' in 2022, a project of dignity and care, providing nutritious lunch packets daily to registered patients undergoing blood transfusions at VHS Hospital, Taramani. This noble endeavor is sustained by the generosity of donors within and outside our club, who celebrate special occasions through Annamayil.



May God continue to bless their good will with the will to always do good!

Sevagam Medical Centre: A Beacon of Hope

In 2016, **Inner Wheel Club of Madras Midtown** proudly inaugurated the **Sevagam Medical Centre** in Rakkampalayam, commemorating our Ruby anniversary. This pioneering project, a first by an Inner Wheel club in District 323, has been transforming lives in five surrounding villages.

Our Impact

- ✦ Jointly managed Outpatient Clinic with Rotary Club of Madras Midtown
- ✦ Multi-Specialty Camps with impressive community participation
- ✦ Thiruvizhas (Festivals) fostering community bonding and talent showcase



- ✦ Vocational Training for women in bag-making and crochet, empowering financial independence

The Sevagam Medical Centre stands as a shining example of our commitment to community service and empowerment.





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SABITHA GAUNI CHITRA SHYAM LATHA NARAYAN VIJAYA ALAGAPERUMAL
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CHENNAI MIDDLE SCHOOL
RAJIV GANDHI
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Club donates for eye surgery for 3 babies

Welcomes
You

you forward.... to the Chairman's Project Visit

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INNER WHEEL CLUB OF MADRAS CENTRAL AADITHYA



President
B Bhanumathy
Secretary
Bina Agarwalla



We sponsored for Congenital cataract in both eyes for baby Yokushree in Radhatri Nethralaya and the Project cost was Rs. 22,000/-

INNER WHEEL CLUB OF MADRAS COSMOS



President
Padma Narayanan
Secretary
Chitra Prabha



CAN KIDS is a home for children of age group of 3 years to 9 years suffering from Blood and various Cancer. CAN KIDS tie up with Children Hospital Egmore and Cancer Institute at Adyar. Children are from different parts of the country. We celebrated Independence Day with these Children and supported them by providing groceries for two weeks, worth Rs 15,000/-

INNER WHEEL CLUB OF MADRAS ESPLANADE



President
Thara Gopinath
Secretary
Kala Janakan



The club conducted an eye camp called Satya Jyothi at Little Flower convent. Dr. Manjunath an eminent Eye Specialist conducted the camp with his staff. A total number of 81 patients attended the camp and 6 patients needed cataract surgery that was arranged in private hospitals for free and 16 patients needed glasses. The doctor donated necessary medicines to the patients too. The total cost of the project was RS. 26,000/-

INNER WHEEL CLUB OF MADRAS FORT



President
R Chandrakala Golecha

Secretary
Mamta Bagri

We have donated World Book Encyclopedia, Child Craft for Higher Secondary and Primary Children respectively, Annadanam to Annamayil project to feed Thalessemia Patients at VHS Hospital and 100 Kg Rice to needy families at a total cost of Rs. 39200/-

INNER WHEEL CLUB OF MADRAS METRO



President
Geetha Nalli

Secretary
Uma Ganesh



On October 2, IWC Madras Metro donated a commercial dosa stove to Annai Teresa Old Age Home at Kilpauk, benefitting 35 inmates, at a cost of 16,500/-.

INNER WHEEL CLUB OF MADRAS MIDTOWN



President
Latha Narayanan

Secretary
Sangeetha Gangadharan



The club sponsored training for 10 women to drive autos to ANEW. Each auto-driver training costs Rs.15,700/- and a cheque for Rs.157,000/- was handed over to Ms. Sangeetha Alwin (General Manager Operations) and Ms. Geethanjali (Auto Driving Program Manager) of ANEW on Tuesday, 29th October as part of the Chairman's Official Visit to our Club.

INNER WHEEL CLUB OF MADRAS MOUNT



President
Kavitha Varadharaj

Secretary
Ranjani Sankar

Our club provided 150 packets of sanitary pads, sweets and savouries to support the young girls residing at Mottukkal Home, located within Good Shepherd School. This home provides a safe haven and some vocational training for minor girls and who have experienced challenging situations in life. Total cost of the project Rs. 3170/-

INNER WHEEL CLUB OF MADRAS NEXT GEN



President
Shradha Nichani

Secretary
Nikita Bothra Seth



90 Students from our own Chennai Middle School at Royapettah participated in an India themed Art competition. We supplied each child with art kits for the same. The kindergarten kids were given a participation prize each that was generously sponsored by PP Niharika Bajaj. The older classes were graded and given cash prizes. Each and every student and teacher was given a refreshing and healthy snack box. Total Cost of the project was Rs. 19,752/-

INNER WHEEL CLUB OF MADRAS NORTH



President
Shobana Rajesh

Secretary
Kapila Sharma



At MAITHREE FOUNDATION, celebrating 101st year of Inner Wheel, we donated 101 kgs of newspaper collected from HIRCO school from students – A Service as action, handed over to them for making sanitary disposal covers.



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INNER WHEEL CLUB OF MADRAS OSIAN



President
Brinda Rao

Secretary
Bharathi Sriram

A Wellness Initiative was organised for a basic health check for 29 housekeeping ladies, checking their blood sugar and BP, after test lunch was sponsored by our club members. The cost of the project was Rs. 2142/- for the medical equipment.

INNER WHEEL CLUB OF MADRAS SOUTH



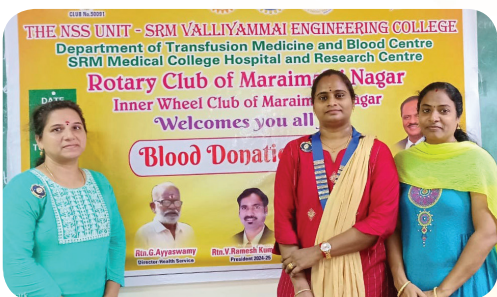
President
Parimala Amizhdu

Secretary
Vijayalakshmi Rajasekar



The club constructed a Wash Station at The Hindu Theological Higher Secondary School at Sowcarpet 5 taps. The number of Beneficiaries is 300 students. The School is around 130 years old. The Wash Station was Inaugurated by our District Chairman Fathima Nasira on 17th October 2024 and the project cost was RS. 50,000/-

INNER WHEEL CLUB OF MARAIMALAI NAGAR



President
S Buvaneswari

Secretary
K Suganya



A Blood donation camp was organised in Valliammal Engineering College campus where students from SRM and Valliammal campus donated blood. To encourage them, we distributed gifts and certificates. A life-saving project done with full satisfaction. We collected 126 units of blood out of which 54 units were sent to SRM blood bank and 72 units to Venkateshwara blood bank. The total cost of the project was Rs. 6000/-.



INNER WHEEL CLUB OF CHEYYAR



President
Dharani

Secretary
Sivakala

We celebrated Diwali kondattam where we provided provisions, crackers and goodies for 35 students with disability at a cost of Rs. 12450/-

INNER WHEEL CLUB OF MEENAMBAKKAM



President
Monica Sundaram

Secretary
K Suganya



The Club conducted a free mega medical camp at PHC, Semmenchery. Eye, dental gynaecology, audiometry, thyroid assessment, paediatrics, blood check-ups, pap smear and breast cancer screening were done. The Wockhardt pharmacy helped us with free medicines to patients. 11 mammograms and 21 pap smears were done. Water, juice and biscuits were distributed. Lunch was provided to 46 people including doctors, staff and volunteers. There were 152 patients and the cost of the project was Rs. 10,250/-.

INNER WHEEL CLUB OF NANGANALLUR



President
Vasanth Balasubramanyam

Secretary
Jayalakshmi Sankaran



Siksha Dhaan, a project for Educational Assistance to 39 girl children at a cost of Rs. 2,97,000/- was sponsored by the club since education is a basic right of every child, to build a healthy India.

INNER WHEEL CLUB OF TIRUVANNAMALAI



President
S Mahalakshmi

Secretary
Gayathri Narayanan

The Club provided stationary, sweets and back pack and conducted magic show in the RCM primary school for about 93 children in Tiruvannamalai at a cost of Rs.18367/-.

INNER WHEEL CLUB OF CHENNAI KURINJI



President
G Meenakumari

Secretary
Priya



Gave 100 saplings to the Government Higher Secondary School, Hastinapuram at a cost of Rs. 4000/-towards sustaining the earth.

INNER WHEEL CLUB OF VELLORE



President
Nandhini Sethumanickam

Secretary
Praveena Bakyaraj

Our Past President Nirmala donated a Singer Fashion Maker Sewing machine to Gayatri, mother of a five-month-old child who does tailoring and in need of another sewing machine.

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INNER WHEEL CLUB OF VELLORE NORTH



President
TL Arularasi

Secretary
Prema Damodar



Children's day was celebrated in the Government Hospital and Medical college, Aducumbarai where we donated 53 bed sheets, dry mats, toys, balloons to the Paediatric ward.

INNER WHEEL CLUB OF CHENNAI CORAL



President
Dr Latha

Secretary
Dr R Megala



The club in association with S A College of Arts & Science conducted an International Conference "Catalysts for change: Pioneering Gender Equality & Women's Empowerment in Economic".

INNER WHEEL CLUB OF CHENNAI LEGACY



President
Janani Rex

Secretary
Jayavardhini



The club conducted a Project for 20 Special Children on Genetic Brain Reading and Brain Profiling at a cost of Rs. 50,000/- at Annai Karunai Trust. Genetic Brain Profiling is a scientific process through which we analyse the Brain Study of the special children. Identified their strengths based on MULTIPLE INTELLIGENCE, and help them overcome their weakness through their skillsets.



INNER WHEEL CLUB OF GUDIYATHAM



President
Ayesha Jaweed

Secretary
R T Selvarani

Children's Day was celebrated in the Government school where we donated 53 children with gifts and snacks. The total cost of the project was Rs. 3000/-.

INNER WHEEL CLUB OF RANIPET



President
Tharanghini Harikrishna

Secretary
Lakshmipriya Raja

Education expenses for seven girl children were sponsored by our Club. There was an awareness talk about women's health by Dr. Rajeshwari. Two sarees were donated to Municipal workers. Total cost of the project was Rs. 36,000/-

INNER WHEEL CLUB OF CHENNAI SUNRISE



President
Rosy Reginald

Secretary
Vasanthi Surendran

The club distributed steel water bottles to 30 children with disabilities at the Chennai Middle School at Choolai at a cost of Rs. 2500/-




Best Wishes for a great Year 2022 - 23

PP Rtn. Dr. A. SANGARAN

RC Annanagar Aadithya
RI Dist. 3232

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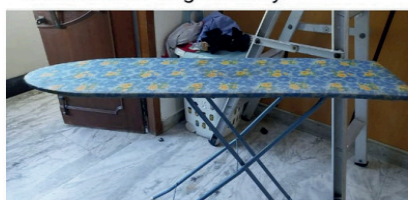
**- Fathima Nasira,
District
Chairman,
IWD 323**



Chandu Jain

Sep 30 · 🌐

An iron table to give away



[View insights](#)

73 Post Reach



3

7 comments



Suguna Sridhar

Oct 10 · 🌐

Recd Ironing table ,Thankyou chandu jain and subha srikanth for donating for the centre through DUMROO ,it will be usefull for our centre



[View insights](#)

94 Post Reach



You, Iwc Madras Baycity Mbc and Chand...

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- ❖ Consultant Ophthalmologist & Vitreoretinal Surgeon
- ❖ Specialist in AMD, Diabetic Eye Disease & ROP

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Empowering through Neuro Linguistic Programming (NLP)

TRAINER VENKAT. S IYER

Venkat S. Iyer: A Catalyst for Personal and Professional Growth

Venkat S. Iyer brings over three decades of expertise in life coaching, having positively influenced the lives of countless individuals. Renowned for his ability to inspire transformation, he serves as a distinguished visiting faculty member at leading business schools across India, where he mentors aspiring leaders and professionals.

With a deep commitment to fostering confidence and self-worth, Venkat S. Iyer empowers individuals to unlock their true potential. His guiding philosophy, encapsulated in the belief that *"People Matter,"* underscores his dedication to helping others recognize their intrinsic value and achieve a sense of fulfilment and purpose.

Venkat S. Iyer's transformative approach has not only reshaped perspectives but also instilled a renewed sense of motivation and clarity in those he mentors. His work stands as a testament to his passion for enabling others to lead extraordinary lives.

Embracing Modernity: The Role of NLP in Personal Growth

Balancing tradition and modern aspirations is a challenge faced by many women. Navigating this duality requires tools that foster self-awareness and growth. Neuro-Linguistic Programming (NLP) offers a transformative framework for breaking free from limiting beliefs and reconciling tradition with ambition effectively.

Understanding NLP

NLP explores the connections between thoughts, language, and actions. It provides practical strategies to overcome fixed thought patterns and adopt new perspectives. By shifting how individuals think and communicate, NLP enables transformative growth in both personal and professional spheres.

The Influence of Cultural Beliefs

Cultural beliefs shape identity and provide a sense of belonging but can sometimes limit openness to change. NLP

techniques, such as reframing, help individuals view traditions and challenges from new angles, fostering understanding and inclusivity. This shift promotes harmony between cultural heritage and contemporary goals.

Balancing Tradition and Ambitions

Many women strive to honour cultural values while pursuing modern goals, a process that can feel overwhelming. NLP encourages self-reflection, helping individuals clarify their priorities and create a balance where tradition and modernity coexist. This approach empowers women to embrace their full potential across all areas of life.

Developing Emotional Intelligence

Emotional intelligence is essential for personal and interpersonal success. NLP techniques, like anchoring, enable individuals to manage their emotions effectively and build resilience. By cultivating emotional intelligence, individuals strengthen relationships and create supportive environments.

Conclusion

NLP is a powerful tool for navigating personal growth. It enables individuals to integrate tradition with modern aspirations, fostering empathy, balance, and self-awareness. Through this process, they can thrive and contribute meaningfully to the lives of others.





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Equity or Equality? We Decide!

Who would have imagined that the fight for becoming President of the world's richest democratic nation, America would come down to words like "Legalise Abortion" and "Reproductive Rights of women?" Incidentally the electoral battle in the last few months was also finally decide who will occupy the White House - the first ever Woman President or a man for his second time as President. He then would represent the male hegemonic symbol in his support for discouraging legal abortion in America.

Elsewhere in India, the world's largest democracy, it's business as usual, for the emancipated women. They have always felt empowered as they go about the business of managing inherited poverty and illiteracy constraints. The Middle East appears to seemingly 'control' women with a fascinating restrictive abundance of wealth but through use of religious sanctions. The Far East gives freedom for women to talk about freedom but to stay bound, as it were! In places like Thailand and the Philippines, economic sanctions force them to migrate to the so-called developed countries for work. India, meanwhile, as always, allows its women force to break newer and higher glass ceilings with a tribal woman President now as a symbol for democracies to honour its highest decorative office. Is it symbolic or shambolic for Indian Wisdom Traditions to have women scientists and politicians and judges while also being unable to protect girl children from being raped and 'trafficked' if I may be excused for the unfortunate usage of the term?

While American society has become the prime example of the liberated, emancipated womanhood debating their own reproductive

rights today to abort unplanned childbirth, the stark realities of the rest of the world is witnessing unbelievable but undeniable oppression of womanhood. Buying and selling through legalised dowry abounds. Irresponsible, complicated, incompatible casual physical relations are leading to abandoned and disillusioned 'single mothers' across the planet. The 'tender' issue over 'gender' equality has never been in sharper public focus than in this American election for President.

This is the power of CHANGE! Every minute of the day, every one of us makes choices that have consequences. However small or big, women need to ASSERT their FREE WILL on every one of those choices with care. It's not at all about the EQUALITY of women that men need to respect or recommend. It is about EQUITY. EQUAL OPPORTUNITY. EMPATHY. What's sauce for the goose must always be sauce for the gander as well. TATHASTU! SO BE IT!

ENJOY FREEDOM EQUALLY BUT RESPONSIBLY! THAT IS EQUITY. Whether it comes to abortion or adoption, women are their own masters – SHAKTI! - according to Ancient Indian Wisdom Traditions! By the way, 'masters' should be seen here as gender-neutral! Celebrate WOMANHOOD as the INNER WHEEL of man's 'Rotary' movement forward towards a better world - pun intended. Those who know the origin of the Rotary and the Inner Wheel movements will understand the importance of the intended pun! Others? Please Google it!

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DID YOU KNOW !!

Even if your eyesight is NORMAL (6/6).....
Your eyes could be silently affected by

- ▶ Glaucoma
- ▶ Diabetic retinopathy
- ▶ Age related macular degeneration

which can potentially lead to blindness



The American Master Eye Check-Up (AMEC) is designed by Dr DP Prakash FRCS, Chief Eye Surgeon American Eye Care Centre to facilitate the early detection of vision-threatening eye conditions.

Digital Imaging of cornea and lens

CATARACT



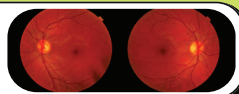
Tonometry and Angle scan

GLAUCOMA



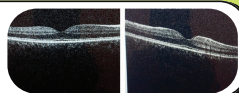
Retina and Optic nerve photography

DIABETIC / HYPERTENSIVE RETINOPATHY and DEGENERATION



Ocular CT scan of Retina - (optional)

AGE RELATED MACULAR DEGENERATION ARMD / CSR / MACULOPATHY



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Common Eye Diseases for those above 40 years and their advanced treatments



Dr. D.P. Prakash

FRCS-UK, DNB, DO, ICO-UK,
MBBS, RATAN TATA FELLOW
Chief Eye Surgeon
American Eye Care Centre

The eyes are the windows to the brain. Taking care of them, especially above the age of 40 years is very important for enjoying crystal clear vision which is one of the most important gifts that humans have to see the beauty and splendor of the world.

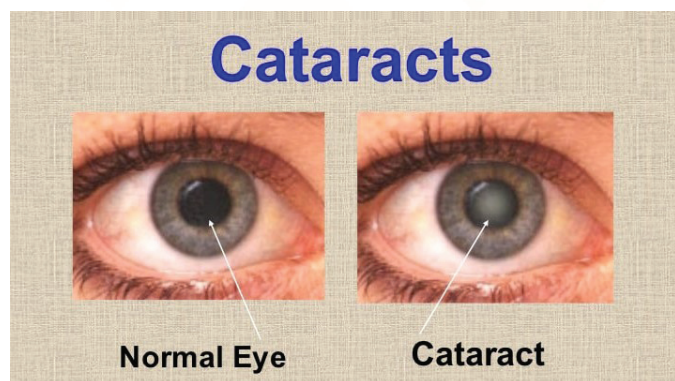
Top 5 Vision-Threatening Eye Conditions

1. **Cataract**
2. **Glaucoma**
3. **Diabetic retinopathy**
4. **Hypertension retinopathy and retinal blood vessel blockages**
5. **Age-related Macular Degeneration**

What is cataract?

When the eye lens loses its clarity and becomes cloudy just like how a clear windshield of your car becomes covered with dirt and loses transparency, we call it as cataract. Usually patients with cataract start having foggy or smoky vision and experience difficulty in driving at night or reading. Cataract can occur after the age of 60 as a normal aging process or earlier in DIABETICS ASTHMATICS AND PEOPLE WITH HISTORY OF EYE INJURY.

Is cataract surgery painful or difficult?



At American eye care centre we have simplified cataract surgery by using the cutting edge surgical technology available anywhere in the world. We found that many patients fear cataract surgery because of the practice of giving injection inside the eye to make the eyes numb

and hence postpone the treatment leading to vision loss and complications. . Most of the patients have no pain during or after cataract surgery because we HAVE ELIMINATED INJECTION FOR ANAESTHETISING THE EYE BEFORE SURGERY. Nowadays cataract surgery is done routinely through incisions as small as 2.00 millimeter which is equal to the size of your pencil tip. Such ultra-small cut in the eye heals faster with ZERO BLOODLOSS, NO SUTURES, NO PATCH AND NO PAIN.

Is it possible to enjoy spectacle free vision after cataract surgery at any age?

YES absolutely. Today we can confidently offer EVERY PERSON WHO HAS CATARACT, THE OPTION TO ENJOY SPECTACLE FREEDOM AFTER CATARACT REMOVAL WITH THE IMPLANTATION OF LATEST EDOF IOLS. INTRA OCULAR LENS TECHNOLOGY-IOL- has seen tremendous advances in the last 5 years that we have lenses that can correct FAR SIGHT, CYLINDRICAL POWER & NEAR SIGHT(READING, COMPUTER USE etc.) along with giving crystal clear vision. We at American eye care centre no longer see cataract surgery as a procedure that treats defective vision BUT as an opportunity to make patients enjoy crisp crystal clear vision that they used to have in their YOUTH WITHOUT GLASSES.

Should we wait for cataract to become ripe before surgery?

Absolutely not. The best time to get your cataract removed is when you have difficulty in doing your daily routine activities like reading driving watching TV etc. in fact waiting for the cataract to become ripe makes the measurement of IOL power difficult and the surgery itself becomes complicated.

What is Glaucoma?

Increase in eye pressure leading to optic nerve damage is known as glaucoma. The damage to vision caused by glaucoma is irreversible by any treatment so it is very important to diagnose it early before vision is damaged.

Symptoms of glaucoma

There are no specific symptoms for early stage glaucoma and many patients have absolutely no complaints even when their eye pressure is elevated. This results in late detection and vision loss. Hence it is commonly referred to as SILENT KILLER OF VISION by eye surgeons.



How to detect glaucoma?

Have your eye pressure checked every year during your annual vision examination. Normal pressure is anything less than 20 mm of HG. ANY PRESSURE ABOVE 20 SHOULD BE ADDRESSED IMMEDIATELY.

What is the latest advancement in glaucoma management?

Glaucoma is easily managed in most patients with eye drops. Newer drugs are very powerful and require the patient to use one drop at bed time only. Some patients may require more medication or laser. Very few require surgical treatment to bypass the fluid from the eye if medications fail.

What is diabetic retinopathy?

India is facing an explosion in diabetes due to sedentary lifestyle and bad food habits. Diabetes can affect the eyes of patients whose diabetes is not under control or who are affected by diabetes for more than 10 years.

What are the symptoms of diabetic retinopathy?

Just like glaucoma diabetic retinopathy has no specific symptoms in early stages and can remain undetected causing blindness all of a sudden.

How to detect diabetic retinopathy?

Only by doing a retina examination after dilating the eyes can an eye specialist detect diabetic retinopathy. Photographs of the retina may be needed to document the stage and follow the progression of the disease.

What are the latest advances in diabetic retinopathy management?

Previously LASER treatment of the RETINA was the only option in early stages. Nowadays we have a new class of medicines known as ANTI-VEGF which can be injected into the eye to stop the disease from progression and recover useful vision.

What is ARMD- Age Related Macular degeneration?

This retinal disease affects senior citizens above 60 years of age. It results from growth of abnormal bleeding blood vessels in the back layers of the retina.

What are the symptoms of ARMD?

Wavy vision is the most important symptom in the starting stages of ARMD. LATER ON THE PATIENTS CANNOT SEE FACES OR CANNOT READ NEWSPAPER. FINALLY THE PATIENTS CENTRAL PART OF THE VISION IS LOST COMPLETELY.

What are the advances in ARMD treatment?

In the past there was no known treatment for ARMD and most patients used to go blind for life. Now we use ANTI-VEGF injections to save the vision of senior citizens from ARMD.

What is Lasik? Who can Undergo Lasik Vision Correction?

LASIK, which stands for Laser-Assisted In Situ Keratomileusis, is a popular surgical procedure designed to correct common vision problems such as myopia (nearsightedness), hyperopia (farsightedness), and astigmatism. The procedure aims to reduce or eliminate the need for glasses or contact lenses, offering a long-term solution for clearer vision.

Is LASIK Right for You?

Not everyone is a suitable candidate for LASIK. Ideal candidates typically:

- * Are at least 20 to 40 years old. We at American Eye Care Centre recommend for the people above 40 years of age to undergo for clear lens extraction with implantation of multifocal IOL to avoid near vision issues after the age of 40
- * Have stable vision prescriptions for at least one year
- * Do not have certain medical conditions, such as severe dry eyes or autoimmune diseases, have healthy corneas of adequate thickness

A thorough eye examination and consultation with a qualified ophthalmologist are essential to determine if LASIK is the right option for you.

Recent advances in LASIK

Newer modalities in Lasik treatments are Femto Lasik and Smile pro Lasik has now made Lasik surgery more predictable and safe

How to protect our eyes from these dangerous vision threatening eye diseases?

At American Eye Care Centre we have designed a comprehensive eye examination package termed **AMERICAN MASTER EYE CHECK UP** that can address the patients concerns about specific eye disorders that can cause vision loss. most importantly with a master eye checkup the patient receives photographic documentation of the presence or absence and severity of any eye problem that might have been detected . this greatly helps in future eye examinations throughout life as the master eye check up report serves as a baseline with which all future eye examinations can be compared.

Who is recommended to undergo an American Master Eye Check up?

- * Any one above the age of 40 years will benefit from having an AMEC.
- * Every year is a recommended interval between eye examinations if you don't have any problem.

How much time is taken to undergo a complete AMEC?

A comprehensive AMEC examination with dilatation typically takes around just 2 hours to complete.

Remember to **CHECK YEARLY AND SEE CLEARLY.**



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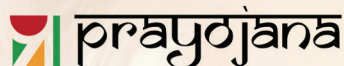
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A collection of wooden chess pieces, including a king, queen, rooks, and pawns, are arranged on a dark surface. The background is a dramatic, fiery orange and yellow smoke or fire effect, creating a sense of intensity and strategy.

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Why Women must learn to love investing ?

A young doctor named Bhavani (name changed) lost her husband when she was in her 30s. She had two kids and then Zero investments. Finsherpa aided her in planning her finances. She started investing a small amount of money back then. Once she got back onto her feet, she started to invest regularly and now she is sitting with a corpus of more than 2 crores, settled both her kids and still enjoying her work continuously.

This **financial independence** gave them the confidence and strength to achieve their goals, follow their passions, and has also extended to **saving and Investments**.

According to a study by **Axis Mutual fund** on **'Women Investment Behaviour Report 2024'** revealed us these facts:

- * Nearly 72 per cent of women now make autonomous investment decisions, marking a pivotal shift.
- * Women are inclined towards Long term investing of 5 years rather than short term and that's why around 2.2 million women investors have made an average gain of over Rs.80, 000.

"According to **Association of Mutual Fund of India**, share of women in mutual funds has shot up to 21% in 2023," Our Finance Minister Nirmala Sitharaman said during her keynote address at the FICCI Ladies Organisation (FLO) in Chennai.

CAMS recently released its **'Women Power in Mutual Fund 2024'** highlighting the significant strides Indian women have made in the financial domain, especially in mutual fund investments:

- * Approximately 79 lakh women investors holding around 2 crore folios. This represents a substantial **25%** increase in the women investor base over the year

"Every coin has two sides; Similarly Women investing also has another side" and there is always room for Improvement no matter what"

According to data gathered on women investors by an online wealth management platform, the following data points give us a whole lot of different perspectives on women and their investment pattern:

- * Out of every 5 investors in India, just 1 is a woman.
- * Only 1 in 10 women feel that they can understand investments
- * Only 28% of women are confident in investing
- * 33% of women don't invest at all
- * 55% of women are unaware of their investments
- * 45% of women believe stock markets and Mutual funds are risky

When it comes to financial planning and Investments by women, we are still a long way from achieving financial gender equality.

Why should Men only Invest? Women can also invest and should invest. Women investing can reap you the following benefits:

- * Building a financial security for family and supporting your parents or spouse financially.
- * Hedging against inflation and beating financial crises
- * Bolstering status in social circle
- * Growing money over long term
- * Saving for retirement

What is stopping women from investing and financial planning? The following are few constraints which stops them

- * Pay Gap
- * Lack of Funds
- * No or Less knowledge and Awareness
- * Risk Averse
- * Traditional saving methods like Cash, Gold, FD's
- * Dependent on Parents or Spouse

Speaking of Constraints, these are few steps one can start to kick start their Investment Journey:

- * **Start out small and Do it regularly**-If you can't or scared to start investing a huge sum of money, then start out small but do them regularly. **SIP (Systematic Investment Planning)** is one such method where you can invest a portion of your income on a regular basis. Once you get a grasp of its performance, you can invest even better with great confidence.
- * **Investing is Simple**- "Once women start investing, Women do just as well as men".
- * **Make yourselves financially sound**- Being Financially independent is important, similarly being Financially Literate is also important.
- * **Take the first step**- "Thinking about investments and starting to invest are two different things"
- * **Take expert guidance**- It's always good to do it by yourselves but it's great to get guidance from the experts and the veterans who are already in the respective field.

"What you are afraid of is never as bad as what you imagine. The fear you let build up in your mind is worse than the situation that actually exists"

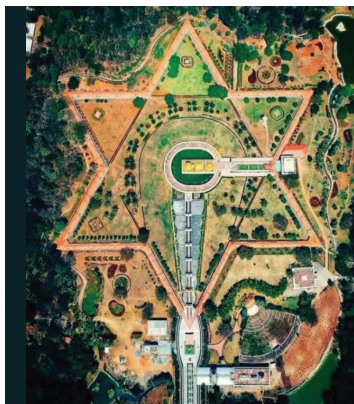
-Quote from the book, "Who moved my cheese?"

Babu Krishnamoorthy, Author, "Unlock Secrets to a wealthy life" & Chief Sherpa, Finsherpa Investments Pvt Ltd, To set up an appointment : call : 91592 69900/ babu.k@finsherpa.com

Sripuram - The Sojourn Within

I realised the opulence of the Vellore temple, only when I delved into its history. During my visit, I discovered another surprising truth. The renowned Golden Temple of Amritsar is not the largest in India's golden temples. It is the breathtaking Sri Lakshmi Narayani Golden Temple of Sripuram in Tamil Nadu. Tucked away amidst vibrant emerald foliage at the foot of the majestic Thirumullaikodi hills, this sacred haven of the goddess of wealth unfolds as a serene oasis of spirituality, beckoning devotees to its golden gates.

The Golden Temple complex spans 100 acres, dazzling with 1500 kg of pure gold foil expertly crafted by artisans in fifteen layers. This staggering quantity surpasses the 750 kg used in the Amritsar Golden Temple. Inaugurated in 2007, the temple welcomes devotees from all walks of life, faiths, and nationalities.



Both the interior and exterior of the dome called Vimanam and Ardha Mandapam are adorned with pure gold, showcasing manually created intricate details. As night falls, dazzling lights make the temple shimmer like a celestial wonder.

After travelling 145 km from Chennai, I walked around the stellar attraction: the 1.8 km star-shaped pathway, inspired by Lord Vishnu's Sudarshan Chakra. My friend shared anecdotes and fascinating facts about the temple. The main shrine of Goddess Lakshmi Narayani sits serenely at the centre, accompanied by a 70 kg pure gold idol.

Stepping into this golden haven, a serenity envelopes me. The meticulously crafted sculptures, ornate pillars, and ceiling leave me in awe. Memories of divine connection and inner peace linger, inviting me to share more about my transformative experience soon...

Fathima Nasira
District Chairman 323

Destination Gaumukh!

We are truly blessed to have successfully completed the yatra to Gaumukh, the glacier where the holy Ganga originates.

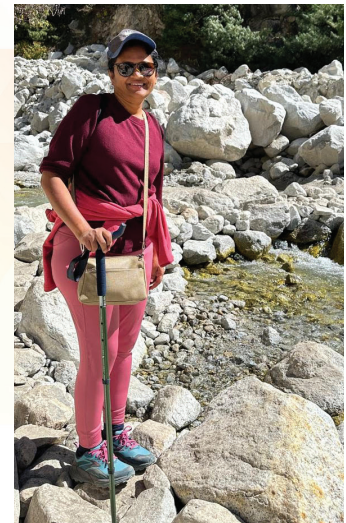
It was indeed a gruelling 5-day trek through one of the toughest terrains in the Himalayan range- a 39 km trek at an altitude of about 14,000ft.

The Gaumukh trek was a challenging and rewarding trek that takes you deep into the heart of the Indian Himalayas.

The trek starts from the town of Gangotri and takes you on a journey through beautiful meadows, dense forests, rocky terrains, streams, rivers and high altitude glacier. As we proceed we become one with nature - with no phone connection, power, running water, or any of the comforts we are used to and then we start to realise what reality is in the cold, rough terrain of the Himalayas!

Our destination was Gaumukh, the glacier where the holy river Ganga originates. It was a surreal experience as we reached the glacier.

The Himalayan trek was indeed a Himalayan task. It was once in a life time opportunity to see the mighty glacier.



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From Home to “Home.”

Well, you may wonder what the caption means. Read on for the answer.

Once you reach the age of 60 a drastic change starts to occur in your life. Children have flown the nest mostly with children of their own and residing in faraway lands. The couple is left staring at one another dealing with sickness, loneliness and of course plumbers, electricians and the like. If you are saving enough you should be doing net banking, using Gpay on your mobile and generally managing your financial affairs well.

Now comes the savior in your lives- retirement homes. Coimbatore has become the Capital city for such homes. On a recent visit, I was astounded by the number of such retirement homes there. You name the type and it is there, be it luxurious villas, spacious apartments or even tiny single rooms with nursing support. I visited some of these homes, some of them having been built by a relative of mine. In these homes, almost every need is taken care of, for a price. You can either purchase an apartment or villa or you could rent a place. Many of them have gardens, temples, waterways, club houses and even mini theatres. Medical facilities are of course a must and range from a nurse and visiting doctor to full-fledged mini clinics stocked to deal with common medical emergencies.

From 25 to 60, your most fruitful years are spent in tending to children and later the grand-children. Your needs are the last priority and before you realize it, you are 60.

What happens to the family bonds that we nurtured? Is education moving us away from our filial duties and family ties? How is it that some communities in North India still manage to maintain joint families? What about those in villages when they grow old? What about the millions who cannot afford to pay for these homes?

Well, for now retirement homes appear to be a necessary evil. If you are a senior citizen, it may well be time to start planning to move into your next “home.”

Prema Raman
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From Pit Lane to Podium: Parenting a Young Champion



“Champions are made from something they have deep inside them – a desire, a dream, a vision.”
- Muhammad Ali

Dealing with children / grand children is – to borrow a word from my 4 year old Mihika – a ‘humungous’ task. Raising an 11 year old two-time National Karting Champion, who is also now ranked World 8th, seems an art that requires balance, support and guidance on the home front coupled with liberal doses of common sense!

It all started with a whim to drive a Kart on ECR Speedway. What started as fun, dawned into a stunning realization that our then-8-year-old grandson Rivaan Dev was able to handle high speeds with a natural flair for driving, probably inherited from his father, a seven-time National Motorbike Champion!

Professional training was on the cards. Dev was willing to lend himself to an arduous fitness routine with cross training and a diet designed for optimal performance. It pained us initially, to watch him eating sprouts and salad while his little sister had chocolates and ice cream, but Dev took it very maturely, waiting for his ‘cheat’ day on Sundays, when he could have one meal of his choice. Needless to say, it stretches to a full day!

Dev’s discipline has added another huge dimension to his emotional and physical well-being. As family, while we acknowledge his achievements with pride, we avoid over-emphasis on winning. The focus is on enjoyment, improvement and sportsmanship. Two years into racing has helped to foster resilience, has taught him coping mechanisms for setbacks and disappointments that have kept him calm under pressure.

During the recently-held World Finals in Valencia, Spain, he overcame a setback in a qualifying race with equanimity, when a fellow-competitor crashed into him and threw him off the track. It was heart-wrenching to watch Dev push his kart back on the track, to finish the race! In an interview, he spoke about the incident with amazing grace. We were so proud of the way he handled his emotions! It was a lesson in learning for all of us! The admiration he has received from the commentators and press for his driving skills, for making history as the first Indian to win a qualifying race in FIA World Motorsports Games and for debuting 8th in the World Championship, sit very lightly on his sportive shoulders. To Dev “Success is not final, failure is not fatal. It is the courage to continue that counts.” While his trophy cabinet is growing rapidly, what impresses most is his attitude. His charming smile keeps us going in the hope that he will excel in life with a champion’s resilience! Divine grace leads us forward in supporting his dreams!



PP Uma Keshav

IWC Madras Midtown

My Most Precious Moment....Motherhood!

This was the moment I have waited for,
This was the day I counted,
This was the scene I vividly imagined,
This was what I have always wanted!

It all happened one bright afternoon,
When during the day I saw my little moon.
Tears and pain vanished as I heard you cry,
Happily I just sighed!

The first time I looked at you I saw those sparkling eyes,
You entered my world like the beautiful sun shines from the skies.
I carried you for the first time in my trembling arms,
You knew me from that very second by just being calm.

I kissed your soft forehead and welcomed your very presence,
I knew from then, that this was my true love's essence.
I held those tiny fingers and touched your tender cheeks,
At last you're in front of me after those last impatient weeks.

Your lips were red as a strawberry's and skin as soft as a rose petal,
I held you warm...close to my heart as this was our first cuddle.
As the curtains lifted, I turned to see him in front of me,
His eyes were glowing as he described her like a child,

I listened to him quietly;
As he said everything ...by saying nothing at all.....

Before leaving he whispered softly,
Thanking me for the best gift he's ever got.....
And then I stroked your little forehead as you delicately stretched your feet,
Today I'm a mother and I feel complete.



PP Ayesha Sharif

IWC Chennai Korattur

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Spreading Seeds of Change

Cultures across times and faiths have revered trees as symbols of life, growth, and spiritual connection. In Indian mythology, the Banyan tree is the Kalpavriksha or the wish-fulfilling tree. The Quran describes paradise as lush gardens -Jannah filled with fruit-bearing trees. From the Bodhi tree in Buddhism to the Tree of Life mentioned in the Bible, trees have represented resilience, inner strength and the cyclical nature of life. Beyond their spiritual meaning, trees are crucial in maintaining ecological balance and supporting human livelihoods.

Members from IWC Vellore, embarked on an adventure to Tirthagiri Hills to “seed bomb” the hills. We joined hands with a visionary Mr. Dinesh Saravanan who has over a decade of experience in exploring various terrains and conserving nature via seed bombing.

This initiative was conceived by Mr. Saravanan who has planted 13,000 saplings in random public places and distributed 12 lakh seed balls all over the state of Tamil Nadu over the past decade. He is the recipient of various awards and accolades from both Government and Non-Government Organizations.

We got nearly 6000 seed bombs hand made by locals in the village, from a mixture of seeds, clay and compost collected from Javadhu forest. When tossed into the soil, prior to the rains, they facilitate the germination of plants, making it an eco-friendly and exciting way to promote greenery in arid places such as hills where accessibility is poor.



Teaming up with students from Sneha Deepam and Holy Cross school along with their trainers from local colleges, made our project easier.

The Chipko Movement-(hugging a tree) was practiced in India by environmental activists. Hugging a tree could be a deeply meditative experience – a prayer time and a way of saying gratitude to nature!

In the Solomon Islands of the Pacific, the Islanders follow a practice of gathering around a tree that needs to be chopped down and curse it. The negative energy damages the tree’s life energy and in 30 days it falls to the ground and dies.

Mental health professionals supplement the “Green Pill” which is just spending more time with nature to improve mental and physical wellbeing.

We are grateful to our President Nandini Sethumanickam and the EC members for organizing the event. The temple visit brought a lot of peace and tranquility to our hearts. The breakfast graciously hosted by our IPP Nirmala Gopinath further strengthened our bond.

This was about sowing hope, cultivating friendships, and celebrating our bond with nature. Every seed we planted was a step toward a greener future, and every smile shared was a step toward a closer community. It is our collective prayer that the seeds and our club will both grow!

“The true meaning of life is to plant trees, under whose shade you do not expect to sit.” – Nelson Henderson

Caroline Sanjeev Padankatti

IWC Vellore

The Waist Belt

A waist belt made of gold,
 customary then, in their fold.
 Bought for their princess
 by parents after a thoughtful process,
 making savings fine
 to see their daughter shine.
 Adorned with it on her wedding,
 at the altar, she smiles, and they too smile
 with love and prayer all the while.

The event, now over,
 it goes into a locker,
 for it's too heavy
 for day-to-day wear,
 not to mention
 the chances of losing it!
 Things precious
 are at times not meant to be enjoyed
 but just kept in the treasury.
 Hasn't the lure of possessions attracted many?
 Seemingly bringing security,
 with a comforting thought of ownership
 even though unused
 and stored away in a locker?

Years went by.
 The locker was checked periodically,
 and now it looks tiny;
 for the waist has grown
 and it is time to pass it on
 to the next princess—
 a daughter or a daughter-in-law,
 to cherish as an heirloom.

But times change,
 and so do preferences.
 After much ado and some bravado,
 the waist belt is exchanged

in a reputed jewellery showroom,
 diluting its worth a tad,
 for the deal has to be beneficial
 to the exchanger in particular.

The metal to be melted into a solid mass,
 in a nanosecond, through a furnace, it will pass
 for an evaluation of its purity,
 akin to princess Sita!

Drowning the efforts of the artisan,
 little did he then think of its destruction
 while in creative construction.
 The emotions of the owner too,
 making a round trip in that split second,
 manifold increasing its intrinsic worth.
 However, now exchanged for diamonds
 that make up a beautiful necklace.
 Hopefully, they live up to their reputation that
 claims,
 “Diamonds are Forever.”

Or could this too end up in a locker
 for another generation,
 only to be exchanged
 and satisfy new preferences?
 Diluting further the value
 of the original resource,
 until sometime in the future
 when it becomes nothing but a distant memory
 that is gradually but surely forgotten.

Everything terrestrial,
 men or material,
 the ties destined to sever,
 for nothing lasts forever!

Sumitra Kumar

VP – IWC Madras Midtown



Just One Drop of Love

(सिर्फ एक बूंद प्यार की)

In the tempestuous sea of life, your love was my anchor,
A soothing refuge where my hurt soul could surrender.
Your touch, a balm to heal the deepest of my wounds,
Melting fears, calming storms, as our hearts entwined.

You are the safe haven in the chaotic design of life,
A soft whisper that stills the raging waves within me.
Your love is ever a sanctuary of warmth and calm,
Where my weary heart finds solace, a peaceful oasis.

Your embrace, the ultimate hospice of healing light,
Illuminate shadows, banishing from the dark heart of night.
And falling on me like gentle rainfall on parched earth,
Your love quenches thirst, nurtures my growth, rebirth.

Inspired by the verses below

तेरे इश्क की एक बूंद इसमें मिल गई थी।

इसलिए मैंने उम्र की सारी कड़वाहट पीली।।

— अमृता प्रीतम

Translated

Did a drop of your love infuse my existence?

It was enough to embrace the bitter essence of life!



Fathima Nasira

District Chairman, IWD 323

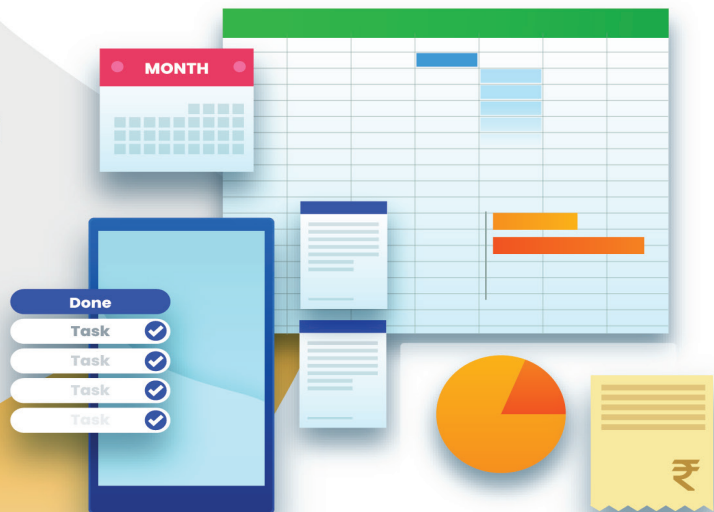


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The two adorable Men in my Life

I was born as the eldest child in a normal middle class, orthodox and conservative family and through my growing years, was always a timid and shy person till I got married. I used to walk holding dad's hands. As a daughter, I got everything even before asking for it! I have been my Dad's special princess (have 3 siblings, 2 sisters and 1 brother all younger to me) till he passed away 4 years ago.

Dad gave me enough space for me to be able to say whatever I wanted to, without being judged. That's how I could tell him whom I wanted to marry, like he was a friend. He was working in the Indian Air Force as a Dentist. I am a proud wife of an IAF person who has been part of Blue star operation (IG's assn) in 1984, ULFA Operations in Assam-1989, Kargil War-1999, Parliament attack-2001 and got discharged from duty in 2002.

He was so much like my Dad, but he used to push me to get out of my comfort zone, besides guiding me

and showing me how to take care of myself in this world. He convinces me that I can manage on my own, and touch the zenith if I decided to!

From my early days till marriage, despite graduating from Stella Maris College, I was an introvert and never spoke much in front of outsiders.

Marriage has brought about a change in me. I have evolved mentally and move with more self confidence. I owe my gratitude to both the men in my life - my Dad who has always been my back bone and my husband who is my soulmate.

Stepping into the sixties, I am fortunate to have been blessed with love and respect from both these men in my life. I thank God and the Universe for bringing them both into the journey of my life!

Lakshmi Giridhar

IWC Chennai Rainbow Shakthi



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The Power Within

"The powerful" resonates with every woman—the women who are a force to all whose lives they touch; the women who are capable, charismatic leaders and who value discipline, truth, and justice for all.

I'll admit, the idea of being powerful is exciting. But what do I need to do to be this "powerful woman"? Do I have to excel like an Olympian, hold a high-powered position in my career, all while perfecting my role as a wife and mother? Many of us know we can't have it all or do it all, but we're left with an unsettling question: **When am I enough?**

Sometimes, I wonder, **Can women be strong?** The short answer is: Yes. Women **can** be strong. But strength isn't something you achieve by simply checking items off a list.

To me, this is what a confident, independent, and powerful woman looks like: Whether single, married, with kids, or without, she is living her life with the courage and grace to do something—big or small—that is completely on her own terms. She knows herself well enough to understand what she needs and wants, and pursues it without doubt. A strong, confident, and independent woman speaks her mind, sings at the top of her voice on a karaoke night, laughs and smiles her widest when she's happy, and challenges herself daily by refusing to stay inside her comfort zone.

Women often speak about empowerment but don't always embody it in their own lives. In a

society where cultural design isolates each woman, powerful women must choose to be natural allies to each other. We need to raise our daughters to trust one another—not only for the purpose of standing up for each other, but because it brings peace to imagine that the world is good, and that we are not in threat from our own kind.

The status of women has undergone tremendous change in the last few decades—and for the better. Change is continuous. The reality is that everything is contextual. In any society, a balanced environment is essential to its growth and success. This balance needs to be pervasive, even at the level of gender. Equality is not just about rights; it's about balance. It's about creating the right mix of elements to ensure smooth functioning for all.

I take pride in the fact that, in the land we come from, a legacy of female courage lives on in all of us. Women's power is rooted in fierce, unwavering protection, resilience, and an ability to survive. Our true power lies in our capacity to endure, to keep reaching for more despite challenges. In this, we will ultimately overcome.

To conclude, I quote J.K. Rowling, author and screenwriter: **"We do not need magic to transform our world. We carry all the power we need inside ourselves already."**

Ashitha S

Secretary, IWCC Galaxy



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My Journey of Faith and Karma

Lord Krishna is the guiding light of my life, inspiring me to embrace the principles of karma and spirituality. The energy that radiates from seeking Him is boundless, empowering me to overcome life's challenges. As a believer in karma, I've learned that the universe rewards our actions. However, it's the unwavering faith in Lord Krishna that grants me the resilience to face adversity. His presence in my life has seen a lots of miracles.

My spiritual journey wasn't always defined. In my early years, I wasn't a devout believer, nor was I an atheist. Life's struggles prompted me to seek solace in Bhagavan Kannan. And then, miracles began to unfold. Through my experiences, I've realized that recognizing God's presence is essential to living a fulfilling life. Regardless of one's background or circumstances, this awareness brings purpose and joy.



My philosophy is encapsulated in three profound words: Prayer, Faith, and Wait.

Prayer: Connecting with Lord Krishna through sincere devotion.

Faith: Trusting in His divine plan and guidance.

Wait: Embracing patience and surrender, knowing that His timing is perfect.

Geetha Ajith

Charter Member, IWC Chennai Rainbow Shakthi

Walker's Wisdom

One fine morning two years ago, I decided to go for walks and equipped myself with many paraphernalia required for carrying out such a difficult task. Since we live on a busy main road of Chennai which does not give any guarantee to return, pedestrians live to their families, I decided to go to a nearby park to carry out my daily quota of exercise. Observation being an occupational hazard for doctors, I could not help noticing a few common behavioral patterns in my co-walkers.

To list a few of those patterns:

(Disclaimer- The wisdom expressed are my own and just for laughs)

- * Walkers come in all shapes and sizes.
- * The most common shapes found are apple shaped and pear shaped upper bodies which are usually heavy around the waist.
- * It is very rare to find hour-glass shaped women or six pack men coming for these walks.
- * Early morning walkers tend to mistake parks for their bathrooms and carry out gargling and various degrees of spitting much to the annoyance of poor souls like me who go there to get a bacteria/virus free environment.
- * The only civic sense that these people have acquired is not to use inside of parks as toilets. This does not apply to the adjoining road which men tend to use liberally to ease themselves adding fragrance to the air around the park.
- * The distance between husband and wife who walk in pairs is directly proportional to the number of years spent together- the longer the association, the greater is the distance between them while walking.
- * Exceptions to the above are the senior citizens. Usually husband and wife above 70 years of age walk close to each other.
- * Irrespective of the age or educational status, women walking in groups either bash in- laws or husbands and men bash politicians or financial policies.
- * Some who use these walks to share morning news with their friends tend to jay walk occupying the entire width of the walk way ignoring the various joggers and walkers who have to wait to catch a gap to pass through the formidable human wall.
- * Bodies tend to remain in the same shape and size even after one or two years but still people like me continue to walk with the hope of getting an hour- glass figure in the near or remote future.

PDC Shashi Shyamsundar

IWC Madras Midtown



My Journey in Tantra Yoga: Empowerment and Inner Strength

Tantra Yoga, an ancient practice connecting body, mind, and spirit, has profoundly transformed my life. Despite common misconceptions linking Tantra Yoga to mysticism or sexuality, its true essence lies in the holistic integration of mudras, chakras, breathwork, meditation, and postures, empowering individuals to align their energy with the universe.

My yoga journey began in 2012, after completing my M.Sc. in Yoga. In 2014, I discovered Tantra Yoga through a workshop by my Guru, Dr. John B Nayagam, which became a turning point in my life.

Shifting from a corporate career to full-time yoga teaching was an incredible transformation. A life-changing electric shock in 2015 left me bedridden for three months, during which Tantra practices like mudras, chakras, and pranayama brought profound healing. This personal experience ignited my passion for teaching Tantra Yoga.

During the COVID-19 pandemic, I began offering online sessions and workshops, with overwhelming positive responses. Our Tantra Yoga community has since grown into the Rotary E-Club of Chennai Shakthi, where we continue spreading the teachings. We even teach mudras in schools to help children succeed.

I believe my life's purpose is to share the benefits of Tantra Yoga and empower others through this ancient practice. With the support of this wonderful community, I look forward to continuing this journey and bringing Tantra's transformative power to society.

Tantra Yoga has given me purpose, and I'm dedicated to sharing its magic with as many people as possible.

Uma Maheswari

Charter Member

IWC Chennai Rainbow Shakthi

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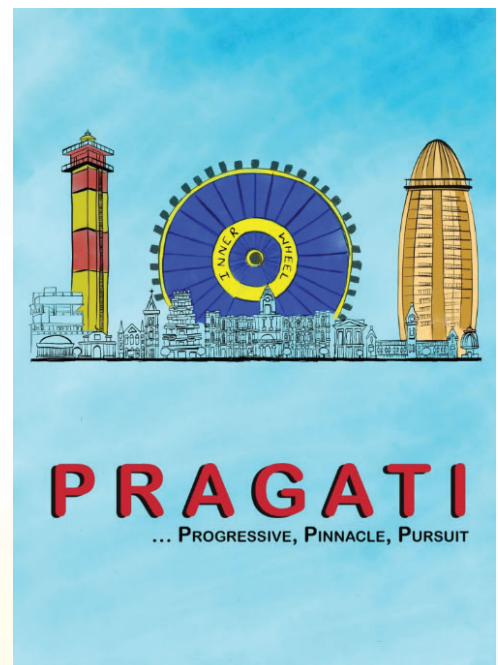
The picture is a pencil sketch presenting the iconic buildings of our city.

Starting from Left to Right:

- * Birla Planetarium
- * Thousand Lights Mosque
- * Santhome Church
- * Kapaleeshwar Temple
- * Ripon Building
- * Secretariat Building
- * Dr. MG Ramachandran Central Station
- * Valluvar Kottam

All these buildings are with a beautiful backdrop of our Inner Wheel logo flagged off on either side by the Lighthouse and Anna Tower.

Together, they represent 101 years of Inner Wheel.



T. Mahathi Badrinath
IWC Madras Bay City

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மற்றும் சிஷ்யா (CBSE)
திருவண்ணாமலை.

சிஷ்யா கலை & அறிவியல் கல்லூரி,
சுவாள்வெட்டி, தி.மலை

இயக்குனர் :
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திருவண்ணாமலை.



The Cover Competition Winner! Congratulations!

Heartening to share the winner of the Cover competition – we had about 20 entries that were all good – a team of judges decided the winner and here she is!

Jaishri Prakash! And here is her narration on why she chose this image for her cover!

- District Editor

As the Theme is Happy District, Happy Members and Happy Inner Wheel, the name UPBEAT is suggested. 101 is the auspicious year of Inner Wheel.

The Design includes Happy Faces and an Umbrella showcasing the Friendship between women of different backgrounds, age and experiences. A true representation of Inner Wheel. They are standing under a common umbrella which is Inner Wheel.

HAPPINESS being the Theme I could think of the good times spent with friends, as to how we are all connected through Inner Wheel for Friendship & Service. The travel opportunities with Inner Wheel are plenty and we create a lot of fun memories and experiences with friends. Usually, the mood is Upbeat when we are with friends, hence suggested Upbeat as the name.



Best Wishes

Jaishri Prakash

IWC Chennai Daffodils

Where are my Wings?

First don't believe you are alone because we have our Soul. We have to encourage and love ourselves. We don't have to prove ourselves to anyone!

"Hello Ladies. This is Raji.

I was born in a normal middle class family. When I was 3 years old, my mom told me not to cry loudly. When I was 10 years old, whenever I asked my teacher a question she would not allow it! She used to discourage me. Once I started working, my manager would tell me not to show him attitude! My husband would tell me not to act over smart!

So where are my wings? Listen everyone. If I didn't cry when I was 3 years old, how would I have got my food? If I hadn't asked any questions to my teacher, how would I have learned? When I try to learn something new you always put me down and call it attitude! Why can't you accept the knowledge I have?

Voicing these issues, help me gather my feathers ready to fly! I am actually very bold and very strong. It doesn't matter if I'm angry sometimes and cry a lot sometimes. Sometimes I'm in a dull mood and

sometimes a very different person- very energetic, quick, jovial but always shy.

Finally I have found my wings like a butterfly! You have colorful wings and can add colours to them, like a fresh yellow sun flower like to denote the color of strength, orange the color of success and growth, blue color of warmth and I love the red!

I am now a colorful butterfly who was pale and white but my soul strength has made me add colors to my wings - beautiful colorful strong wings to fly in freedom and joy. I feel proud of my colorful wings. I gather nectar and leave the rest to the world.

Rajeswari

Charter Member, IWC Chennai Rainbow Shakthi



With best wishes to a dear friend....

R. BRITTO DOMINIC RAYAN

Navaratri Kolu at our Home

Welcome to our divine Navaratri Kolu!

Our home is filled with joy, spirituality, and colorful decorations as we celebrate the nine divine nights of Navaratri. Our meticulously arranged Kolu showcases exquisite dolls, with each one of them telling us a story from mythology and folklore.

The centrepiece features the majestic Goddess Lakshmi radiating strength and positivity, surrounded by Lord Ganesha and other deities. The steps are adorned with intricate rangoli designs, adding to the festive ambience.

As we light the lamps and offer prayers, our home resonates with devotion, gratitude, and love. During Navaratri, we invite prosperity, knowledge and happiness into our homes and our lives.

Our friends, family and relatives join us in celebrating the triumph of good over evil and experience the divine energy of Navaratri!

Our apartment society encompasses a more vibrant Kolu which includes dancing to Garba and kolattam. These nine days serve to double our joy and happiness.

Sukanya Raghavendran

IWC Korattur



Nature's Mystery – Rare Australian Barn Owl landing outside my gate

We were taken aback to see an unexpected visitor – Australian Barn Owl, early morning on 5th October when we opened the gate at Vellore. It opened its eyes, looked at us, closed its eyes and sat quietly like a monk in meditation. It was a baby owl.



For the past month or so, we had seen its mother, with a huge wing span flying around in the wooded EB campus, across the road, opposite our house. The mother owl used to fly around, coaxing the little one to try and fly – no way, it refused to budge an inch, making a strange wheezing sound, non-stop all night. The exhausted mom owl used to come and rest in our mango tree.

Now this baby owl landed outside our gate, like a huge wooden toy, sitting still. Our primary

task was to protect it from marauding groups of dogs. We made numerous calls to Forest Service, Fire Service, SPCA, Animal rescue groups but there was no response.

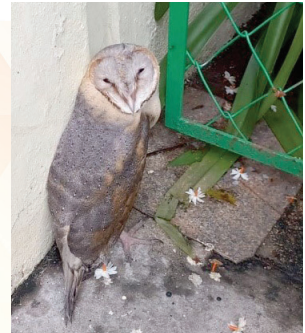
We sent requests for help to various groups, friends, asking for help, suggestions. We got advice from US, Kerala, North India and friends here. But we were apprehensive about approaching this huge wild baby owl. Dr.Sushil (CMC) also offered to come and rescue it later in the day as he was busy in the hospital.

Finally two local friends managed to reach personal contacts in Vellore/Katpadi Fire Station. Team arrived and rescued it. So all is well that ends well.

We bid farewell to our visitor with mixed emotions, happy to see it rescued and sorry to see it go. Adieu!

Takeaway from this Episode: None of the contact numbers available could be reached, Periodical updating of Emergency contact numbers is vitally needed.

M S Kalaichelvi
IWC Vellore North



With best wishes to a dear friend....

ANNAI VELANGANNI PUMPS

Indian Oil Dealers
Chinnamanur, Theni District.

My Tryst with Art

When I enrolled my daughter in an art class, I never imagined I'd be joining too—thanks to her insistence! She preferred I didn't "waste time gossiping" while waiting to pick her up, so I reluctantly joined.

My school days had left me with little love for visual art, especially after a teacher's sharp reprimands during needlework class. But things changed when I stepped into Mrs. Poornima's art class, a joyful space where students—most much younger than me—eagerly sought her approval. She patiently guided us through drawing, proportions, pencil shading, watercolors, and chalk pastels, and I found myself growing both in wonder and joy and thus began my tryst with art!

A year into my art journey, Mrs. Poornima was asked to curate an artshow for the Mylapore Festival, a celebrated event thoughtfully organized by Mr. Vincent D'Souza of Mylapore Times. We were all encouraged to create Mylapore-themed artwork, and, despite my shyness, I asked if I could contribute. She suggested I try Indian ink on paper, using gel pens, to make my piece stand out among the colorful entries.



I chose to recreate the iconic Mylapore Tank, drawing inspiration from the ancient town once called "Mylarpha" by the Romans. Mrs. Poornima taught me the nuances, and on 9/1/19, I completed my first and only ink-on-paper artwork. We exhibited it on 13/9 around the Mylapore Tank, where my humble piece hung alongside my daughter's and the younger artists' work. It was a beautiful start to my New Year!



THE CREATOR & THE CREATION

Suma Prakash

Charter Member-Club Secretary
IWC Chennai Rainbow Shakthi

என் அமெரிக்க (ஷாக்) பயணத்தின் அனுபவம்

சில வருடங்களுக்கு முன் நான், என் கணவர், அண்ணன், அண்ணி, ஆகிய நால்வரும் சுமார் 1½ மாதம் அமெரிக்காவில் சிகாகோ, வாஷிங்டன் பீனிக்ஸ் மற்றும் சில இடங்களுக்குச் சுற்றுப்பயணம் செல்வதாக பிளான் போட்டு, வாஷிங்டன் ஏர்போர்ட்டுக்குச் சென்றோம். அங்கு எங்களை செக்கிங் செய்தனர். அனைவரையும் செக்கிங் செய்த போது டிடெக்டரில் எந்த ஒலியும் கேட்கவில்லை, ஆனால் என்னை சோதித்தபோது டிடெக்டரில் 'டிக் டிக்' என்ற ஒலி கேட்டது. அனைவரும் என்னை திரும்பிப்பார்த்தனர். என் மனம் 'திக் திக்' என்று அடித்தது. நான் பயந்தேன். அந்த அமெரிக்கா பெண் மீண்டும் என்னை சோதித்தாள். என்னுடைய சாக்ஸ், ஷூ முதலியவற்றையும் கழற்றிவிட்டேன். அப்போதும் அந்த சத்தம் நின்றபாடில்லை. அவள் ஒரு ஆணை துணைக்கு கூப்பிட்டாள். ஆனாலும் அந்த சத்தம் நிற்கவில்லை மற்றும் ஒரு பெண் அதிகாரி என்னை சோதனை செய்தாள். சிறிது நேரம் அவர்களுக்குள் பேசிக் கொண்டனர். பிறகு தான் எங்களுக்கும் விஷயம் புரிந்தது. நான் கட்டியிருந்த பட்டு சேலையில் இருந்துதான் அந்த சத்தம் கேட்கிறது என்று, ஏனென்றால் அது அசல் சரிகை போட்ட காஞ்சிபுரப் பட்டுப்புவை. இந்த நிகழ்வை என் வாழ்நாளில் என்றுமே என்னால் மறக்க முடியாது. என்னே நம் காஞ்சிப்பட்டின் மகிமை !

சந்திரலேகா செளந்தரராஜன்

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Healing therapies

I have a sweet family consisting of my husband Bhaskar and our only daughter Srija. After marriage I hadn't gone out anywhere. My routine would be work-family, family-work. My friend gifted me THE SECRET book and it's all about Law of Attraction. Once I started reading that book I wanted to keep a goal for myself and I started visualizing that I'm going onsite. The moment I started visualizing I started manifesting the same as well. Suddenly I was pulled into a meeting and 3 managers were around me and they were asking me whether I would be interested to go abroad. After discussing this with my family and agreed, in a couple of months I travelled to onsite in LIA and started feeling a self love towards myself after nearly 15 years. After I returned, I met with an accident and got a shoulder fracture and couldn't get out of the pain even after 6 months.

That was when I started searching for healing modalities, just to get rid of my pain.

My mother was doing her Masters in Acupuncture at that time and she requested me to drop her for weekend classes which would be of various modalities.

While I started dropping my mom I also started attending week end classes starting with Reiki, Foot Reflexology, Hand reflexology, Iridology, Auriculo therapy and then got to know about Swarayoga, Crystal therapy, Angel therapy, Water therapy, Magnet therapy etc...

I got a Grand Master certified by "Reiki Centre of India" from Rasikalavathy Naini mam and I started began to realize that the healing modalities had begun working. I came across frequency healing where I had received the healing. Effortlessly I came out the pain in 2 months itself and started to evolve spiritually. Then I started my Tantra yoga journey under Uma mam to dig more into being with divine and I started enjoying it. I could feel the energy when holding mudras, Pranayama and meditations.

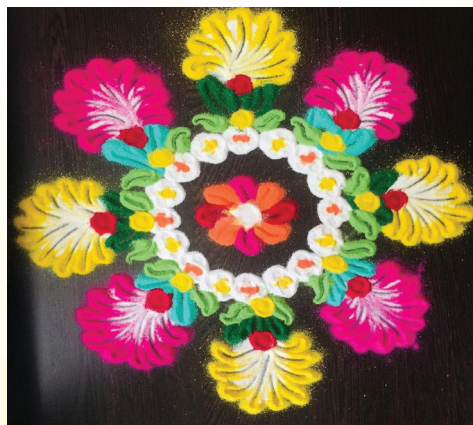
I was introduced to Bach flowers for my daughter and she came out of her fear in just 3 days. It was so inspiring for me to learn that modality as well.

I have learnt Bach and Bush Flower therapies in an in-depth manner and started seeing the changes within my family and friends. I have also learnt Pancha Patchi sashthram, KriyaYoga, Pranayama, Chakras and also learnt Aromatherapy from Uma ma'am. I feel really happy with this and satisfied especially when I see results for others. I enjoy the time when I prepare the Aromas for my friends and families. I'm so grateful to my teacher. I really go into a different world when I am with some kind of aromas. The reason that I got attracted to learn Aroma is because it takes out the deep sadness or negative feelings or any traumas from the person who is taking the therapy.

Bhagya

Charter Member, IWC Chennai Rainbow Shakthi

Vaishnavi Kolam



The Unbreakable Spirit

Born into wealth in the historic city of Madurai, her early life was filled with comfort and privilege. But life after marriage took a different turn, marked by challenges and struggles. Through it all, she never let adversity define her. A constant smile, a compassionate heart, and a drive to keep learning have always been her signature traits.

Losing her mother at the young age of 22, she drew strength from the lessons passed down to her. This loss shaped her, giving her the resilience to lead her family through difficult times and stand as a strong pillar for her husband. With unwavering loyalty and quiet grace, she became the backbone of her household, always moving forward, no matter how tough the road.

Her love for learning led her to master various arts—embossing, gem art, glass painting, crochet, and sketching, to name a few. Each craft she took up wasn't just a hobby, but a reflection of her enduring spirit. She found beauty even in struggle, transforming hardships into creations of love.

Her creativity shines in the kitchen, where she crafts homely dishes with innovative flair. No matter how limited the resources, she always found a way to make things work, managing

finances with incredible skill, and leaving those around her amazed at her resourcefulness.

A heart that knows no limits, she has devoted much of her time to enabling specially-abled children. Through small acts of kindness and thoughtful gestures, she helps make their daily lives a little easier. For her, the true joy lies in bringing comfort and light to others, especially those who need it the most.

Her role as a mother has been nothing short of graceful. Like a swan, she has guided her sons through life, offering quiet yet unwavering support at every step. She embraced her daughter-in-law with open arms, nurturing their bond with love and respect. And as a grandmother, she's been a beacon of affection, creating a haven of warmth for her granddaughter.

Sivakami, doesn't just endure life's challenges—she rises above them, embodying the belief that strength comes not from avoiding hardship, but from facing it with an open heart and a giving spirit. This is my story!

Sivakami

Charter member
IWC Chennai Rainbow Shakthi

Peace

In the dusk's embrace, whispers of peace unfold,
War-weary hearts yearn for stories yet untold.
Farewell to conflict, let swords find their sheath,
Embrace harmony, let the dove's soft feathers breathe.

Echoes of battles, now fading into the past,
War's bitter spell lifted, freedom at last.
Flags lowered, a symbol of unity reborn,
In the quiet aftermath, hope is sworn.

Tears dry, wounds heal, scars bear witness to pain,
Farewell to war, let love and compassion reign.
From the ashes of strife, let peace rise,
A new era dawns, beneath tranquil skies.



Umasree Raghunath

IWC Madras South



Beyond the Surface

Rama sat on her sunlit terrace, cradling a steaming cup of black coffee and a warm cookie, while her eyes wandered over the waves of the Bay of Bengal, gracefully rolling towards the shore. Each wave, a relentless reminder of nature's rhythm, whispered stories of resilience and limitations. A sardonic smile played on her lips, a bittersweet acknowledgment of life's dualities.

Facing the vast expanse of the sea, the vibrant beauty surrounding her stirred a longing within—she yearned to share this moment, to have someone to hear her quiet exclamation of “awesome.” But silence enveloped her, a stark contrast to the lively ocean before her.

Her luxurious home, perched in one of the most coveted locales, had become both a sanctuary and a prison. As a single child, her heart felt heavy with the distance from her son, who had recently settled in California with his British bride. Their wedding had been a carefully orchestrated event, filled with love and hope.

The wedding had transcended borders, with relatives in Mumbai and friends in Chennai joining virtually. Each invitee received a gift voucher worth Rs 25,000, allowing them to choose traditional attire—a silk saree or lehenga for women, a suit or sherwani for men. The thoughtful gestures made the event a cherished memory for all involved showering their blessings on the young couple.

The wedding had been a carefully orchestrated event, by her husband who took charge of the arrangements, planning everything without Rama's input; the details were revealed only on the day.

Rama had watched in wonder and hoped she could have been a part of the planning but in vain.

It had been a year since that joyful celebration was flawlessly executed. Rama found herself navigating the quieter waters of her routine.

Her home was filled with comforts—maids attending to every chore—but the emptiness lingered. Most of her relatives were still in Mumbai, and while they envied her seemingly blessed life, they could never understand the profound loneliness that clung to her heart. How could she convey that beneath the veneer of affluence, she felt like a lost soul, craving genuine care and affection? Surrounded by opulence but deprived of authentic happiness, her existence felt strangely hollow.

In Chennai, her circle of friends had dwindled, many reliant on others for their mobility, their age constraining their activities. Despite her wealth, a distance had formed between her and her friends who viewed her riches with envy rather than camaraderie. Reflecting on her 35 years of marriage, she came to a stark realisation: she had unwittingly married a growing credit card, now weighing heavily upon her spirit.

She could purchase anything her heart desired—dresses, jewelry, cosmetics—yet those material possessions had never filled the void of companionship. Whenever she longed to share her joys, her husband would dismiss her with a furrowed brow, consumed by his “important” work. He rarely recognised her kindness or the countless sacrifices she had made, instead honing in on her perceived missteps. Over the years, his criticisms grew sharper, claiming she diminished his worth and disrupted his focus. Left to navigate her solitude, she often found herself traveling alone, a haunting reminder that loneliness could drain both mental and physical vitality.

Her husband, a successful businessman, had always prioritized work over family. Meetings and business dinners consumed his time, leaving little room for personal connections. Even when his parents were alive, she often felt like a secondary concern, her devotion overshadowed by his professional ambitions. After their passing,

he became even more absorbed in his work, neglecting the partner who had been his unwavering support for decades.

Rama had always performed her duties as a devoted daughter-in-law, nurturing her family with love and care. Yet, her sacrifices had been eclipsed by the relentless pursuit of wealth. It was a harsh truth to accept, but she had grown weary of feeling invisible in her own home.

With each passing day, she came to see her husband as an ATM—a provider devoid of emotion, a mechanical entity that required care but offered little in return. The realization stung; she had spent so long hoping for a connection that had never materialized. He may have presented her as his “better half” in public, but in private, she felt like a shadow, sharing neither laughter nor meaningful moments with him.

As the sun dipped toward the horizon, Rama smiled through her worries and took a stroll around her expansive property, flanked by her loyal German Shepherds. Their presence offered a sense of security as she walked along the pathway that led to the seashore. The gentle waves whispered their eternal secrets, and she breathed in the salty air, hoping for clarity amidst the confusion of her heart.

In that moment, she resolved to embrace her life fully, even if it meant redefining her understanding of happiness. Mindfulness became her guiding principle, a necessity for navigating the complexities of her heart. She kept moving on, may be she would find her joy in her ‘solitude’ rather than ‘loneliness’!

Devi Mathimaran

IWC Nanganallur

District Vice Chairman, District 323



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शीर्षक—यत्र तत्र सर्वत्र माँ

शब्द कोष भी शब्द विहीन हैं,
सामर्थ्य कहाँ माँ को जो करे परिभाषित कोई।
क्या लिखूँ? मेरी माँ, ने ही तो मुझे लिखा है।
है ये ईश्वर की अनूठी रचना।
जिसे देख अचम्भित स्वयं ईश्वर भी।
है विशाल सागर करुणा का माँ।
है यही सिर्फ वो दर जहाँ,
मिलती माफी हर हाल में।
सोते हुए भी जागी सी केवल माँ।

माँ ही मेरा सारा आकाश,
माँ ने दिए उड़ने को पंख।
माँ मेरा अलादीन का चिराग।
माँ ही मेरी काशी—मथुरा,
माँ ही मेरी चारों धाम।
माँ मेरी सबसे अच्छी सहेली,
माँ ही मेरा पहला प्यार।
दुर्गा की महिमा है यही,
अटल पहचान मेरी।
होती अनबन माँ से जब भी,
होती थी वो क्षणभंगुर।
होती थी रार विचारों पर,
करते थे हम घायल शब्दों से माँ को।
फिर छाती थी चुप्पी थोड़ी देर की
सुनती थी, वो ताने सबके।
बनती थी हम सबकी ढाल, वो हरदम हरपल।

माँ से बड़ा न कोई,
माँ सा न दूजा कोई,
माँ है हम सबमें रहती समायी।
बन कर परछाई होती सदा सहाय।
बिन माँगे मिलता सब कुछ,
वो बस माँ का ही दर है।

धरा पर है साक्षात् ईश्वरीय रूप।
कभी शिक्षिका, कभी दाई,
कभी चिकित्सक,

कभी दवा का कड़वा घूँट।
कभी दोस्त, कभी जज, कभी वकील तो, कभी
पेड़ की शीतल छाया। क्या—क्या नहीं है माँ,
यत्र तत्र सर्वत्र है माँ।

महिमा कहती सबसे यही,
जिस माँ ने तुम्हें जन्म दिया भूले से भी उसका
हृदय तुम ना दुःखाना।
जिसने थाम के उँगली तुम्हें पहला पग रखना
सिखलाया। उसके थामे रखना तुम हाथ,
करने हो चाहे जितने जतन।

दी है ईश्वर ने जबान तुम्हें,
पर पहला अक्षर माँ ही सिखलाती, तब हम
तुम बोल पाते हैं। जिसने तुम्हें बोलना सिखाया,
फिर तुम उसको बोली, बोल भी पाते हो कैसे ?
माँ को पूजो, उसके ही चरणों में चारो धाम,
माँ ही आठों याम।
माँ ही मेरी 108 मनकों की माला।
माँ ही मेरा वेद—पुराण,
माँ ही मंदिर, माँ ही मेरे व्रत उपवास।
माँ ही मेरे सारे तीर्थ,
क्या—क्या नहीं है माँ,
यत्र तत्र सर्वत्र माँ।

शब्द मेरे मीत
Dr Mahima Singh
IWC Korattur

हे माता,
तू इतनी कमजोर तो कभी थी भी नहीं जो अब
तुझे बना दिया है
हिम्मत कर अब अपनी ताकत दिखा, पहचान दिखा,
सब को उनकी औकात दिखा...
तुझमें शक्ति है, झाँसी है, काली है,
क्या जहान में लड़ने को तू अकेली काफी नहीं है?
तू इतनी कमजोर कब थी जो तुझे अभी
सब ने बना दिया है
सभी महिलाओं को सलाम।

Manju Bagla
IWC Chennai Korattur

Masal vadai

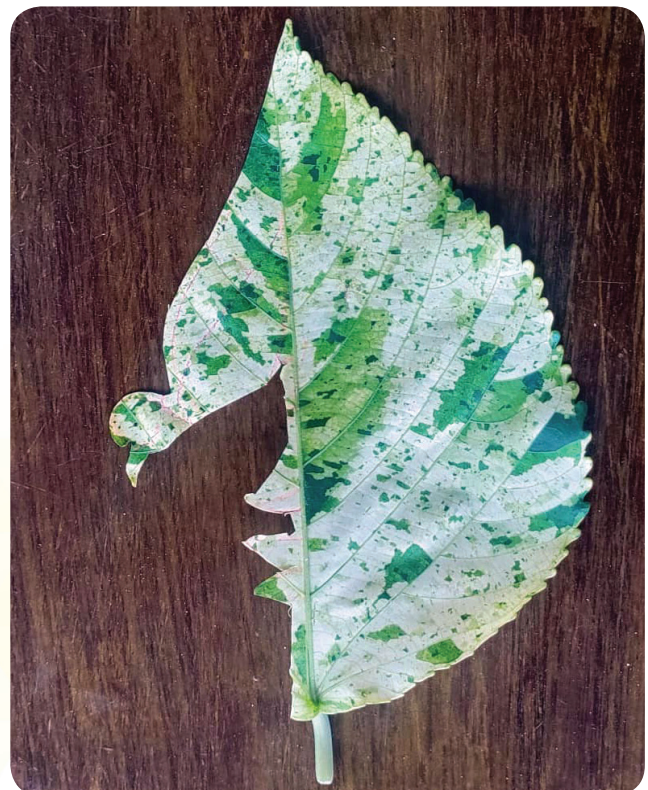
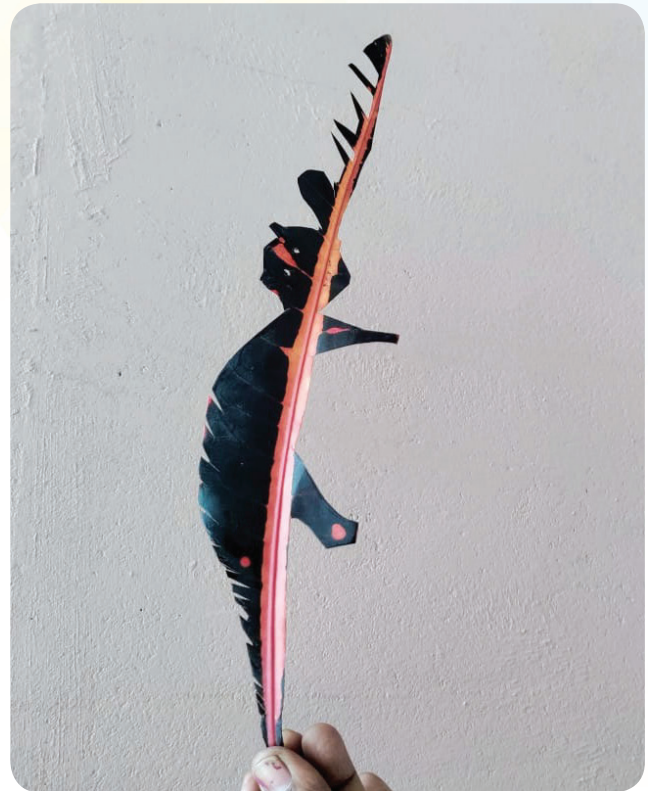
There's no better identity
To the Thamizh people
Than the crispy wispy
Masal vadai!
The sombu and onion
Add flavour and aroma
Ground to a coarse mix
She is a favourite
Of the old and the young
And is graded
According to her colour
If she's deep brown
She's not very tasty!
If she's golden brown
She's a great beauty!
A gastronomic delight
Along with coffee or tea
Or an accompaniment
To our lunch spread
She fits in with everything!
She is a boon when it rains!



And an every day delight!
The pizzas, pastas
And every new gen snack
Are only her poor neighbours!
One, two and three....
And counting...
We realise there is no limit!
The dieting goes for a toss
As she's ever popular with the mass!
She is the uncrowned queen
Of all the snacks in the world
And the sole conqueror of every heart!

Sukanya Sriram
District Editor

Sreevalli Shanmugam - Art Work



The Special Sri Lankan Dessert - Watalappam

I never stopped enjoying this quintessential Sri lankan dessert, as my grandma made a 'wicked' watalappam. You can pronounce (what - a - lup - pum) Sri lankan recipes are not widely known or recognized outside of Asia for the most part. Watalappam is a delicious dessert, made from creamy coconut, sweetened with traditional kitul jaggery, eggs, spices like cardamom and nutmeg.

So here I'm sharing with you all my version of my grandma recipe which I have tweaked slightly to make the custard a little richer and sweeter. I hope you also try it and enjoy this mouth-watering dessert.

Ingredients

- 1) 4 whole eggs
- 2) 2 egg yolks
- 3) 1/2 lb neutral dark brown molasses sugar or finely grated kitul jaggery
- 4) 1/8 Hot water
- 5) 3-4 cardamom pot crushed over 1/4 tsb
- 6) 1/4 tsp Nutmeg powder
- 7) 2 cups of thick coconut milk (First press milk) if the coconut milk is lumpy – which can happen in cold weather – warm it up to dissolve the lumps
- 8) Pinch of salt

Instructions

Preheat oven to 320°F / 160°C

Oil and prepare 7-8, 1/2 cup capacity ramekins. in a large bowl combine the sugar and water and stir until it becomes a paste with no lumps (the sugar does not need to dissolve completely

Add the eggs and egg yolk, spices and salt and whisk until well combined – i.e. till the egg mixture becomes very slightly thick (not the "ribbony stage," just enough to thoroughly mix the sugar



and eggs). Take care not to make the egg mixture frothy.

Add the 2 cups of coconut milk and whisk well.

Pour the mix into the prepared ramekins (or a large dish if you prefer). Cover the ramekins / dish with foil.

Bake the ramekins/dish in a water bath for about 30 – 40 minutes for the ramekins and up to an hour if in a large dish, depending on the depth of it. You want the custard to set, but the middle to be very slightly wobbly.

Remove from the oven and let them cool for about 15 minutes in the water bath.

When cool enough to handle, remove them from the water bath and cover the ramekins with plastic wrap, and place it in the fridge to chill for at least 3 hours (longer for larger dishes). Best chilled overnight.

Serve as is, or with some cashew nuts on top.

Anu

IWC Chennai Korattur

Nine Day Wonder!!

(Dedicated to Navarathri)

I'm a nine-day wonder
 I can never go yonder
 Picked from all over
 I am made with care
 From Mother earth
 And move to the altar
 I am the only one
 Rising each season
 Only to sleep
 In dark closets
 Till the celebration
 Sparks up next!
 I come in colours,
 As gods, goddesses,
 Animals and birds,
 I am both animate
 and also inanimate
 At the same time!
 I am gifted, I am sold,
 I am precious
 I grow step by step
 You love me, collect me
 From all frontiers!
 I am your pride,



And I am your joy!
 Judged by themes
 and judged by looks,
 I am a nine-day wonder!
 I am the Navarathri doll
 who can never wander!

Sukanya Sriram
 District Editor

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A Diamond is Forever!

The Formation of Diamonds

A natural diamond, symbolizing the expression of true love, is formed deep within the Earth's mantle, at depths exceeding 180 km (approximately the distance from Chennai to Pondicherry). This extraordinary process requires temperatures of 1700 to 2500 degrees Celsius and constant pressure of 75,000 kg per square centimetre. Under these extreme conditions, a minuscule pure carbon crystal, called a diamond, is born!

When volcanic eruptions or earthquakes bring these diamonds closer to the Earth's surface, they can be mined. From there, the diamond rough embarks on a journey: cleaved, cut, polished, and faceted by artisans until it becomes the cherished jewel you or your loved one wears.

Diamond Facts That Astound Us!

- ✦ **India: The Cradle of Diamonds:** The world's first diamonds were discovered in India.
- ✦ **Pioneers of Diamond Craftsmanship:** Indians were the first to develop techniques to cut, facet, and polish diamonds.
- ✦ **Koh-i-Noor Origins:** This legendary diamond was mined from the Vajrakaroor mines in Golconda.
- ✦ **South India's Diamond Hub:** Chennai and other parts of Tamil Nadu are top-quality hotspots for buying diamonds in India.
- ✦ **Belgium Cut Brilliance:** Diamonds with 57/58 facets exhibit total internal reflection, creating unparalleled brilliance.
- ✦ **Hearts and Arrows Precision:** The Japanese perfected the Belgium cut by achieving geometric symmetry, enhancing a diamond's lustre even further.
- ✦ **Export of Diamonds:** 70 per cent of the diamonds used across the globe are cut, faceted and polished in India and exported worldwide.

Tips for Buying the Perfect Diamond Jewellery

1. Certification Matters: Ensure the diamond is certified, preferably by a third-party laboratory, to verify it is natural and not lab-grown.



By
Raja M Sriraam
D.G., F.F.I.G.

2. Understanding Purity:

- ✦ D Grade: Pure white and the most expensive.
- ✦ E & F Grades: Known as "top white" or "executive white" and highly prized.
- ✦ Diamond color descends alphabetically, with "D" being superior and there on graded lower.

3. Clarity Grades:

- ✦ VVS1 and VVS2: Excellent clarity.
- ✦ VS1, VS2, and SI2: Lesser quality, more affordable.

4. Heirloom Value: In India, diamonds are often purchased as heirlooms, rarely resold.

Blue Jager Diamonds: A Rare Treasure

The Blue Jager diamonds, named after the Jagersfontein mines in South Africa, are a unique variety of white diamonds that emit a blue hue under ultraviolet light and sunlight. Though these mines are no longer operational, rare Blue Jager diamonds can still be found, identified by expert gemmologists and set in exquisite jewellery.

Historical Significance

These diamonds were cherished by older generations in Madras, with notable references to their brilliance. One celebrated figure who owned these scintillating gems was Bharat Ratna M. S. Subbulakshmi, the doyen of Carnatic music. Her Blue Jager diamond ear studs (Thodu) and nose pin (Mookuthi) dazzled during her concerts, becoming a hallmark of high-quality diamonds.

Even today, Blue Jager diamonds are treasured and worth adding to your collection.

With their unmatched brilliance, rich history, and enduring symbolism of love, diamonds truly are forever.



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Top 10 Ways to Live a More Sustainable Life

1. Turn off the faucet

The average American household uses 300 gallons of water daily.¹



2. Invest in ENERGY STAR appliances

For example, an ENERGY STAR washing machine costs \$143 less to run annually than an older model.²



3. Cut back on single-use plastics

Each year, 150 million tons of single-use plastics are produced worldwide.³



4. Recycle the right way

Wash and dry cans and containers before tossing them in the recycling bin. Food can contaminate an entire bin and render it unrecyclable.



5. Upcycle

Look for creative ways to use old things. For example, yesterday's T-shirts can become today's cleaning rags.



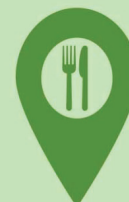
6. Take steps to reduce food waste

40% of all food is wasted in the U.S., so aim to use your leftovers, freeze excess ingredients and shop smarter.⁴



7. Eat local whenever possible

Food that doesn't need to travel takes less energy to get to your plate.



8. Eat more meatless meals

It takes more than three times the water to produce a pound of beef as it does a pound of dried beans.



9. Shop smarter

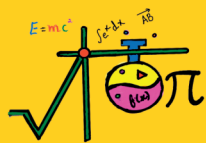
Only buy clothing if you anticipate wearing the item a minimum of 30 times.



10. Drive less

A typical vehicle emits 4.6 metric tons of carbon emissions annually.⁵





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